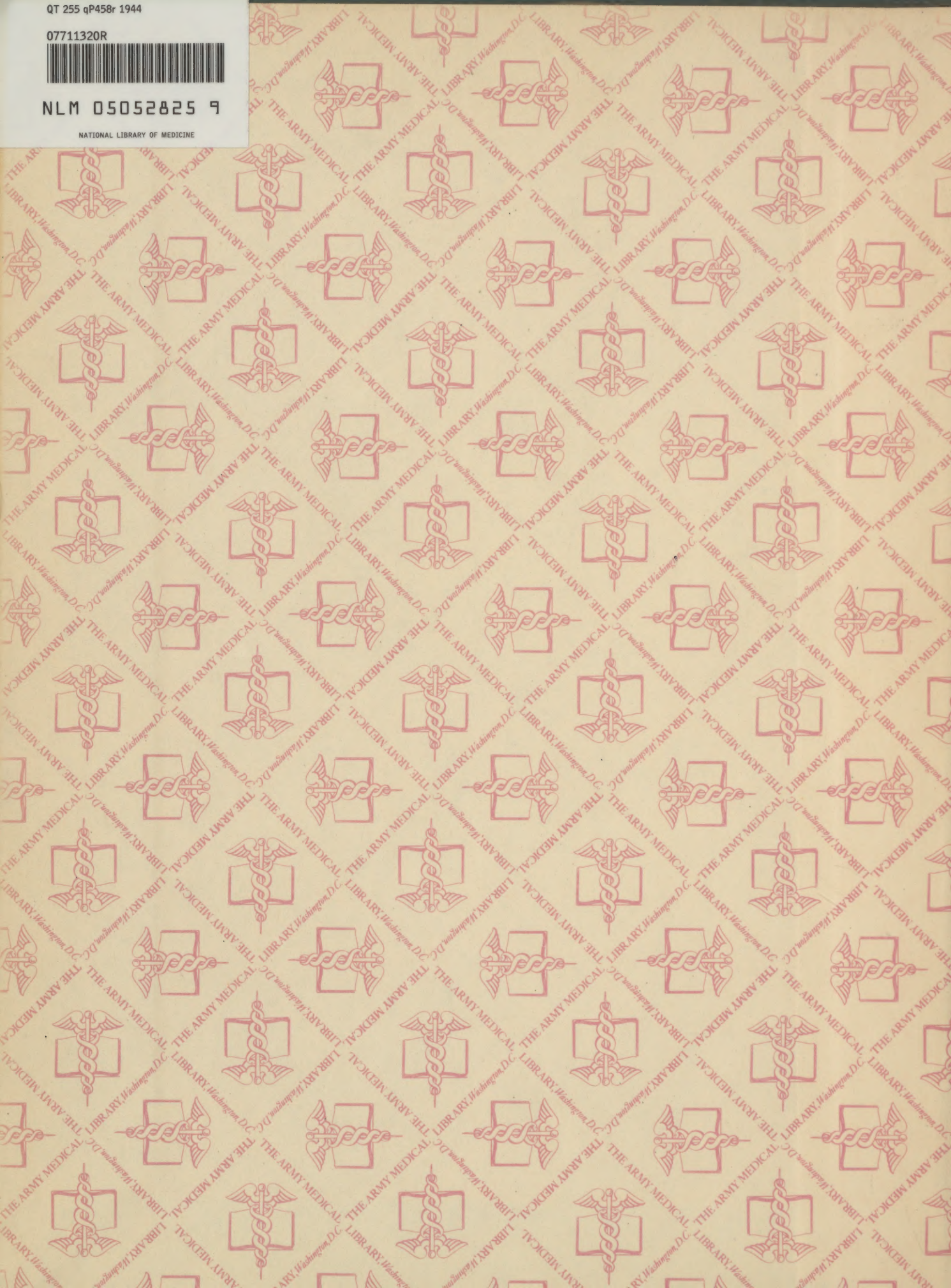


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RECREATIONAL ACTIVITIES -- for -- CRIPPLED CHILDREN

State Services for Crippled Children
University of Iowa
Iowa City

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RECREATIONAL ACTIVITIES
for
CRIPPLED CHILDREN

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PREFACE

Play is considered an essential part of any child's life. Child psychologists tell us that children must have adequate play habits in order to fulfill their psychological needs. In working with children, an approach to these problems consists of: developing in the child a sense of security, sharing with the child a personal appreciation of love and social relations, initiating and stimulating his constructive interests, and arousing in him a sense of responsibility.

Hospital administrators and medical staffs are realizing that such fundamental psychological needs are a part of the inherent make up of a child, whether sick or well.

Play has been introduced into the wards of this hospital, and, by observation, it has been found that it has helped to bring about relaxation, to attain a feeling of security for the child; it gives an outlet for his constructive ideas and interests, lessens his homesickness, relieves nervous tension and develops good play attitudes toward team-mates.

This booklet has therefore been compiled for the use of mothers of convalescent children, for nurses on children's wards, and recreation departments of children's hospitals in order to help the child maintain normal recreation as far as possible even though he is ill. We claim, however, no direct therapeutic values to be realized from the activities found in this booklet.

It is our hope that your child will benefit and find enjoyment from the following activities.

HOW TO USE THIS BOOKLET

The activities in this booklet are divided into several sections. Using the patient with rheumatic fever as an example, we will show you how this booklet could be used. The regime of the cardiac patient in this hospital is as follows:

- Complete bed rest.
- Modified bed rest.
- Bed rest with eating privilege.
- One hour a day sitting up privilege.
- One hour a day walking privilege.

While the patient is on complete bed rest, the section on quiet games which includes thinking games could be used. The patient's activity would be confined to thinking games, being read to, singing, and listening to the radio.

On the other hand, if the patient is on modified bed rest, the pencil and paper games, card games, puzzles, motion songs, and reading for themselves can be introduced.

The bed crafts and stunts can be used with the patient when he is on bed rest.

After the patient is allowed to sit up one hour, decorating windows, planting and caring for flowers can be added to his recreation. As the patient is allowed to walk one hour, such quiet games as Detective could be used. (found on page 29).

Depending upon the doctor's orders as to the degree of activity the child might participate in when he goes home, the classification of activities can be followed for the degree of exercise involved.

From the above example, you can guide the recreation of other children according to whether he is confined to bed, a wheelchair, or to modified activity.

There has been a section prepared for spastic children because we feel their problem is a special one. In this section we have classified the games according to helping the patient with arm, hand, or leg involvement.

Just a word as to the exercise of the diabetic patient. When this patient is hospitalized, his exercise should be a constant factor. This is an important step in stabilizing the diet and insulin treatment of the patient. The classification of activities might be used by the mother when the child is going home, and the doctor feels the mother should have some help with the activity of her child.

All the activities found in this booklet have been found to be very easily adapted to any group of children. The running games can still be played even though all the players should walk because of disability.

Before introducing a game, be sure you know the following things: 1. the game well enough so you can describe it clearly, 2. the ability of the players (whether they can run, walk, skip, etc.); 3. one should always be able to tell the players how the game will finish (time limit, players all on one side, etc.) or the object of the game.

An age range has been indicated on the activities that follow. Many times, however, children will enjoy, for a short period of time, games that are below their age level. As the leader, you must never discourage any choice of games which the child might name because you may think it is too elementary for him.

SECTION I ACTIVE GAMES

ANIMAL CHASE

Age 6-9

All players are given the name of an animal such as bear, dog, cat, or cow. There must be more than two players with the same name. Two pens are marked off. One person, the "Hunter", stands between the pens and calls the name of some animal. All players with that name must run to the opposite pen. Any animal touched by the hunter becomes a hunter. The object of the game is to be the last one caught.

BROWNIES AND FAIRIES

Age 5-8

The players are divided into two equal teams, Brownies and Fairies. Each team has a goal line which is thirty feet from the other goal line. Each team lines up on its goal line with backs toward the quietly advancing team. The Brownies advance first, sneaking up behind the Fairies. When they are a few feet from the Fairies, the leader or teacher calls out, "The Brownies are coming", and the Fairies turn and chase the Brownies. Any Brownies caught must go to the Fairy side. The game is repeated with the Brownies turning with their backs to the Fairies while they approach. The team with the most players at the end of several turns is the winner.



Brownies And Fairies

BLACK AND BLUE

Age 6-14

(Crows and Cranes, Rats and Rabbits)

Divide the players into two equal teams, the "Blacks" and "Blues". Each team has a goal

line and a starting line. The starting lines are three feet apart, and the goal lines are six feet behind the starting lines. The "Blacks" and "Blues" line up on their respective starting lines facing each other. The leader takes his position between them and starts the game by calling the name of one of the teams. The team which is called immediately turns and runs to its goal line while the other team chases them. All those tagged before reaching the goal line must join the other side. The game is continued until all the players are on one side or for a definite time. The team having the most players when time is called is the winner.

BOTTLE BALL

Age 8-14

The ideal number for this game is five for each side. However, more or less players may be used by using more or less clubs or bottles. The play area should be sixty feet by thirty feet (can be smaller). Players are arranged according to picture (only one side is shown). The clubs should be placed about ten inches apart. The players throw a basketball, (volleyball or playball) through the opposite side, trying to knock down the clubs. Players foul when they step over the center line.

Five points is scored for each club knocked down; ten points for each shot going between two clubs; one point for each shot crossing the end line.



Bottle Ball

CHINESE HOP

Age 8-12

A row of ten sticks or Indian clubs about one foot apart are arranged on the ground. A player must hop over each stick without touching any of them. Arriving at the end he picks up the tenth stick, while standing on one foot, and hops back over the nine remaining sticks. At the end, he picks up the last stick and hops back over the eight remaining sticks, etc. A point is scored for each stick which the player picks up. A player is disqualified if he touches a stick or puts both feet on the ground.



Chinese Hop

CHICKEN FIGHT

Age 9-12

Two players stand in a circle (drawn with a radius of four feet). They grasp their own ankles. At the signal they try to push the other players out of the circle or make him lose his balance. A player loses when he removes either hand, leaves the circle, or any part of his body touches the ground.

CIRCLE TOUCH BALL

Age 8-12

All the players form a circle except one who is It. It stands in the center of the circle. The players in the circle pass a playball or bean bag back and forth, and the center player tries to touch it. If It touches the ball, the player who has it last becomes It.

CIRCLE CATCH BALL

Age 8-12

This game is played like Circle Touch Ball except the ball must be caught rather than merely touched.

CHINESE TAG

In this tag game the player tagged must place one hand on the place he was tagged. He must leave his hand there while he is It. (Example--if tagged on shoulder he must place one hand on shoulder while he is It.)

CENTER GUARD

Age 6-14

One player guards a bottle or club in the center of the circle. The other players roll a volleyball or playball attempting to knock the bottle down. The guard may stop the ball by using either his hands or feet. If a player is successful in knocking the bottle over, he takes the guard's place.



Center Guard

CHARLIE OVER THE WATER

Age 5-8

All players join hands and form a circle. One player who is Charlie is in the center. The circle moves to the right while chanting.

"Charlie over the water,
Charlie over the sea,
Charlie caught a blackbird
But he can't catch me."

On the word "me", the players quickly take a squatting position. Charlie tries to tag a player before they squat. The person caught goes into the center, and the game is repeated.

CALL BALL

Age 5-8

A circle is formed. One player in the center tosses the ball and at the same time calls the name of any child in the circle. This child must catch the ball immediately after its first bounce. If he does not catch the ball, he must go into the center of the circle. If he catches the ball, the player in the center remains there.

FROG IN THE SEA

Age 5-8

A small circle is drawn on the floor, and one player who is the frog sits in this circle. All the other players tease him by calling,

"Frog in the sea
Can't catch me."

While calling, the players step in and out of the circle, poke the frog, pinch the frog, etc., to tease him. The frog tries to tag them, but he cannot leave his sitting position. The person tagged becomes the frog, and the game is repeated.



Frog In The Sea

FOX AND SQUIRREL

Age 7-9

The game is played by groups of three. One and two join hands to form a tree. Number three is the squirrel and stands in the circle formed by one and two. There are two extra players, one is a fox and the other a squirrel. The fox chases the squirrel who is safe by going into a tree, whereupon the squirrel in that tree is chased by the fox. The fox becomes the squirrel if he tags the squirrel.



Fox And Squirrel

FOX AND GEESE

Age 8-12

This game is a good one to play when there is snow on the ground. Clear off paths to resemble a wheel and its spokes. One player is the fox, and he chases the others who are geese. If he catches another player, he becomes the fox. No player can run outside the paths. Only the geese can jump from path to path. The fox can't tag a goose across the paths. One person may be safe at a time by standing in the center of the circle.

GUARD THE CAN

Age 7-10

One player is in the center of a circle. Two cans are placed one on top of the other in the center of the circle. The players in the circle roll a playball and try to knock the cans over. When they are knocked over, the center player must replace them immediately. While he is doing this, the players may shoot him with the ball. They can do this until the center player yells "Cans up". The player who knocked down the cans becomes the center player for the next game.

HAND SLAP

Age 9-14

The players are divided into two equal teams. Each team is lined up behind its goal line. The goal lines should be fifteen to twenty feet apart. The first player, called the Scout, from one side advances to the other team which is standing with right hands out. The Scout touches each hand but slaps hard the player's hand whom he wishes to chase him. If the chaser tags the Scout before he gets to his own line, he must go to the chaser's side. If the chaser does not tag the Scout before he gets to his own line, the chaser must join the

Scout's side. The game is continued by a player from the other side being the Scout and so alternating sides until each player has had a turn. The side wins which has the most players at the end of the game.



Hand Slap

HAVE YOU SEEN MY SHEEP?

Age 7-10

All the players form a circle. One player, who is It, goes around the outside of the circle and stops behind a player. He asks "Have you seen my sheep?" The player in the circle asks, "What does he look like?" It then describes a player in the circle. When the second player guesses the person described, he immediately starts to chase the person guessed. It does not take part in this chasing but steps into the place where the chaser left. The chaser must tag the runner before he runs around the circle and returns to his place. If the chaser fails to do this, he is It and the game is repeated. If the chaser tags the runner, the runner becomes It and the game is repeated.

HUNTSMAN

Age 5-9

One player, the Hunter, stands and says, "Who wants to go hunting with me?" Those who do fall in line behind the hunter who leads them anywhere within a certain area. They follow the hunter and do everything that he does until the hunter calls "Bang". The players all run to their seats or places, and the first one back to his seat or place becomes the next hunter.

JUMP THE SHOT

Age 6-12

One player with a long rope stands in the center of a circle formed by the players. On the free end of the rope is tied a small bean or sand bag to weight that end. The center player turns the rope under the players' feet while they jump over it. Anyone who fails to jump over is "out", and he leaves the circle. The object is to see who can stay in the circle longest. The last one "out" turns the rope the next time.

LAST COUPLE OUT

Age 6-14

The players all get partners except one who is It. The partners line up, standing side by side with one couple behind the other. It stands eight feet in front of the formation, with his back toward them. The game starts when It calls, "Last couple out", whereupon the last couple separate and run forward, each on his own side of the formation, attempting to catch

hands in front of the one who is It before either one is tagged by It. If It tags one of the two before they join hands, the one tagged becomes his partner, and the other one is It. If It fails to tag either player, he is It again. The couple take its place at the head of the formation and the game is repeated.



Last Couple Out

MISER

Age 10-14

One player, the "miser", guards the treasure which is a football, playball or tin can. All the remaining players form a circle around the miser. The miser may stand in front of the treasure, behind it, or straddle it. The players in the circle attempt to kick the treasure without being tagged by the miser. A person who is tagged becomes the miser, and the game is continued.

MIDNIGHT

Age 7-9

One player, who is the fox, sits in his den, a small area marked off. All the other players are chickens. The chickens creep up to the den and ask the fox, "What time is it?" The fox may answer any clock time, but when he answers "Midnight", the chickens must run home, (A tree or certain area) before the fox tags them. All the chickens caught return to the den and become foxes. The object of the game is to be the last one caught.

OLD MOTHER WITCH

Age 5-8

A small area is marked off as the witch's ground and a home base is marked off. The witch stays in her home while the players, sneaking up close to her, tease her by calling,

"Old Mother Witch
 Couldn't sew a stitch,
 Picked up a penny,
 And thought she was rich."

The witch watches her chance to tag another player before they can reach home base. If the witch tags a player, he becomes the witch, and the game is repeated.

OCEAN WAVE

Age 8-11

All the players are seated in a circle except one who is It. There is one vacant chair in the circle. It starts the game by calling "Slide Left" or "Slide Right". All the players slide and try to get a chair. If It gets a chair, the person on his left or right, depending on which he called, becomes It.

ONE, TWO, THREE, CHANGE

Age 6-12

Partners stand back to back with elbows hooked. It calls, "One, Two, Three, Change." Everyone must get a new partner except one who will be left and becomes It. No pair is safe until back to back and both elbows hooked.

POSTURE TAG

Age 9-14

One player is It, and another player is the runner. Each has a bean bag on his head. It chases the runner who makes himself safe by transferring the bean bag to another player's head who, in turn, becomes the runner. If a player is tagged, he becomes It.

PARTNER TAG

Age 6-9

Partners link elbows. One player is It and another player is chased. The player being chased is safe by linking arms with anyone. The partner of the player with whom he links elbows becomes the runner. If a chaser tags a runner, they exchange places.

RUN, SHEEP, RUN

Age 10-14

The players are divided into two teams, and each team chooses a captain. A goal is designated, and one team remains at the goal while the other team hides. The captain of the hiding team returns, after his team is all hidden, and accompanies the other team in its search. He calls directions to his own group through codes which have previously been agreed upon: as Red, meaning move to the right; blue move to the left; yellow lie low; black, stand still, enemy near; green advance toward the goal. While searching, if anyone sees a member of the hidden group he tells his captain who shouts, "Run, Sheep, Run", and upon his signal, all players must return to the goal. The captain of the hiding team may call "Run, Sheep, Run" any time he feels the searchers are far enough away from the goal for his team to safely reach the goal. The group reaching the goal first, in either case, hides next.

RUN FOR YOUR SUPPER

Age 7-11

Players are in a circle with one odd player as It. He goes around the circle tapping a player on the back saying, "Run for your supper." It runs in the same direction as he is going and the player tagged runs in the opposite direction, each player attempting to get back first to the vacant place. The last one back is It, and the game is repeated.

RACHEL AND JACOB

Age 6-9

A girl acts as Rachel and a boy as Jacob. The other players form a circle. Jacob is blindfolded. The game starts by Jacob saying, "Rachel, where art thou?" Rachel replies, "Here, Jacob." Jacob tries to catch Rachel. Both Rachel and Jacob must stay inside the circle. When Jacob catches Rachel, Rachel is blindfolded and tries to catch another Jacob. The game may be altered by having the blindfolded person guessing the name of the person caught.

RELAY RACES

Age--any

Relays are enjoyed by all ages. They can be varied a great deal which makes them useful at all times. Listed below are several types of relays.

In all relays, the players are divided into teams with an equal number on each team lined up one behind the other.

PUSH BALL RELAY

Each player in turn pushes a basketball with a wand or stick over the goal line. The game is varied by 1. pushing the ball down and back, 2. carrying the ball back, or 3. throwing the ball back. The team finishing first wins.

RESCUE RELAY

Teams are in relay formation (one player behind the other) except one player of each team who is behind the goal line some distance in front of his team. This player, when the signal is given, runs to the first player in his team, grasps his hand and runs back across the goal line. The first player remains behind the goal line while the second player returns to get the next player and so on until all the players are safe behind the goal line. The team finishing first wins.

JUMPING STICK RELAY

A smooth stick about four feet long is given to the first player in each team. When the signal is given he turns around and the second player takes the other end of the stick. They draw the stick back under the feet of the players, keeping it about 6 inches from the ground. The first player remains at the end of the line while the second player runs quickly to the front of the line. He gives one end of the stick to the third player, and the relay continues until the last player hands the stick to the first player. The team finishing first wins.

HUMAN OBSTACLE RELAY

One "obstacle" stands erect, the second stoops in leap-frog position, third and fourth join hands to make a bridge, and the fifth stands astraddle. Each player must run around the first obstacle, leap over the second, run between the bridge, and crawl under the fifth. He then hurries back to touch off the next runner. The team finishing first wins.

AROUND AND DOWN

All the members of one team set down in a small circle, with their backs together, and their legs extended. When the signal is given the first player gets up, runs around his team, and sits down. As soon as he is seated, the next player continues in the same way. The team finishing first wins.

SHEEP PULL DOWN

Age 6 and over

A home base is determined and a stick about two feet long is placed against home base. All the players gather around the base, and one player throws the stick away from the base. When it lands, everybody runs to hide except It who runs for the stick, which he must place against the tree before he can start the hunt. If It sees a player, he yells, "I spy Bill", and rushes to beat him to the base. Succeeding, he throws the stick and yells, "Sheep pull down for Bill!" The players then know Bill is It, and they can find another hiding place while Bill replaces the stick. While It is hunting, any player may run in and throw the stick and yell "Sheep Pull Down". It must stop looking and replace the stick, then continue the hunt again.

SQUIRRELS IN TREES

Age 6-9

The game is played by groups of three. One and two join hands to make the tree. Number three is the squirrel and stands in the circle formed by one and two. There should be an odd number of squirrels. When the signal is given, all squirrels change trees and while they are changing, the odd squirrels attempt to get a tree. Someone is always left without a tree. The game is then repeated.

SWAT THE FLY

Age 6-9

All players form a circle except the one who is It. He stands in the center of the circle. A wastebasket is placed in the center of the circle. It has a roll of newspapers in his hand. He walks around the circle and swats someone. He runs immediately and drops the paper in the wastebasket. The person swatted runs to pick up the paper and tries to swat It before he can get back to the vacant spot in the circle. The game continues with a new swatter.



Swat The Fly

STEALING STICKS

Age 10-15

The playing area is divided into two equal parts by well-defined lines. At the back of each side a definite number of sticks are placed. The object is to capture the opponents as prisoners, placing them in a prison which has been marked off, about four feet square in one corner, or to steal their sticks without being tagged. A prisoner may be released if one of his team-mates touches him. He may then return to his side without being tagged. The game continues until one team has all the sticks and no players in prison.

SARDINES

Age 7-13

All the players except one counts to 100 while one player hides. When the counting is finished, the hiding starts. Whenever a player finds the person that hid, he watches for an opportunity to join him in his hiding place. When the last player discovers the place, the game starts over. The players when hiding are "packed in like sardines".

PULL TAIL

Age 10-14

Players are divided into two equal teams. Each player has a cloth strip (handkerchief or rag) in his belt for a tail. At signals all players rush for a central point where a treasure (a pile of sticks, rocks, candy or peanuts) is located. Each player tries to get some of the treasure and return to his base with treasure and "tail". A player may be "killed" if an opponent pulls out his tail. One point is scored for each treasure captured and five points for each tail. The side with the highest score is the winner.

STEAL THE BACON

Age 6-12

The players are divided into two equal teams. Each team lines up on its starting line. The players on each team are numbered beginning with one. An Indian club or a stick with a handkerchief tied to it is placed between the two starting lines. When the leader calls a number, each of the two players to whom that number has been assigned tries to get the stick



Steal The Bacon

and return to his starting line without being tagged by his opponent. The player who succeeds scores a point. Also, the player receives a point if he tags his opponent before he crosses his line.

"COME WITH ME"

Age 6-9

All the players form a circle except one who is It. It runs around the outside of the circle and when he touches a player, he says, "Come with me". They run around the circle in opposite directions. When they meet, they hook elbows and turn completely around; then continue racing for the vacant place in the circle. The last one to get to the vacant place is It, and the game is repeated.

WHOSE HAT?

Age 6-12

One player is It and stands in the center of a circle. The rest of the players are numbered off consecutively and seated in the circle not in consecutive order. It starts the game by saying "Someone has lost his hat. I say it is either four or nine." These two players must change seats, and It tries to get a seat also. The player left without a seat becomes It, and the game is continued.

THREE DEEP

Age 8-14

Players are arranged in two circles. Each player in the inner circle stands in front of a player in the outer circle, and all face toward the center. One player is It and chases another player who is the runner. The runner may be safe by stopping in front of any couple. Thereupon, the group is known as three deep and the outer person becomes the runner and may be tagged. If the chaser tags the runner, they exchange places.



Three Deep

ANIMAL CAGE

Age 8-12

One player is chosen to be the "Animal"; another player is the "Animal Chaser". The remaining players form animal cages by two players taking hold of hands and facing each other. The Animal is chosen and becomes safe when he gets into a cage. When the Animal runs into a cage, the player whom he faces must start running as he is the next animal.

ALL RUN

Age 8-14

The players gather in the center of the room or playing area. One player, the leader, bounces a ball (a tennis ball is good) whereupon the other players run away in any direction. When the leader catches the ball he calls, "Halt." The players must stop but may stoop if they wish. The leader then tries to hit some player with the ball. If the ball hits the player, he must run and get it while the other players run away from him. This is continued until a player fails to hit another player. Then they go back to the center, and the one who failed to hit a player becomes the leader. The game is repeated.

BEAR BAITING

Age 8-12

The bear or "It" sits upon a barrel and his keeper, another player, stands beside him. A circle with a radius of four feet is drawn around them. The keeper can't go out of the circle, and the bear can't leave his barrel. The other players stand outside the circle. When the keeper calls, "My Bear is Free", the players run into the circle and try to tag the bear. If, however, the bear or keeper tags the player attempting to "bait the bear", he becomes the bear, the bear becomes the keeper, and the keeper goes outside the circle. This game is good for a group of 6-12 players.

SQUIRREL AND NUT

Age 8-14

All the players are seated with their heads lowered and their eyes closed. Each has one hand cupped out in front of him. A player, the Squirrel, quietly walks about the room, finally dropping a nut into one of the player's hands. That player jumps up and chases the squirrel back to his seat. If he reaches his seat, he is safe and can drop the nut again. If the Squirrel is caught, the other player becomes the Squirrel, and the game is repeated.

SHADOW TAG

Age 7-11

"It" runs after a player but doesn't try to tag him. Rather, he tries to step on his shadow. When he steps on a player's shadow, he becomes "It". A player is safe only in the shade where he doesn't have a shadow.

BEAR IN THE PIT

Age 8-12

This game is for small boys only.

The players form a circle which is the pit. One player, the Bear, stands in the pit. He tries to get out by going under or over, or breaking through the clasped hands. When he escapes, all the players chase him, and the one who catches him becomes the bear. The game is repeated.

TOUCH AND GO

Age 6-12

The players are divided into two equal teams. All players stand behind a starting line, and each team stands one player behind the other. The leader names something in sight as wood, tree, water hose, garage, car, etc. Each line sets out to touch the object and returns to its original position. The line first to obtain their original position receives five points, and the team with the highest score at the end of the game wins.

POISON

Boys 10-14

The players form a circle around an object such as an Indian club, a pile of sticks, or a box. This object in the center is "poison". The players, holding hands, try to push and pull causing one player to touch or knock over the poison object. When one touches the poison object, he becomes poison and must leave the game.

FIRE IN THE MOUNTAIN

Age 8-12

All the players form a double circle except one who is "It" who stands in the center. The players in the outer circle stand directly behind their partners. "It" calls, "Fire in the mountain! Run, men, run!" The players in the outside circle start running around while the players in the inner circle clap their hands. When It stops clapping, he holds his hands above his head and the players in the outside circle each try to get in front of an inside player. It tries to do the same. The player left out becomes It, and the game is repeated.

SINGING TAG

Age 8-12

"It" chases a player who is singing the words of any song. If caught before finishing the song, the singer becomes It.

CROWN THE KING

Age 11-14

All the players except two form a circle. One player is the king who sits on a stool in the center of the circle. The other player stays in the circle and acts as the guard. The players in the circle have a basketball with which they attempt to crown (hit) the King or his stool. The guard protects the King. However, if someone hits the King, he becomes guard and the guard becomes King. The King goes to the circle, and the game is repeated.

STREETS AND ALLEYS

Age 10-15

Several lines are made with an equal number of players in each. When facing the front of the room the aisles formed are Streets, and when facing the side of the room, the aisles are Alleys. There are two extra players, one who is the thief and one who is the policeman. The thief chased by the policeman can only run through the aisles formed by the players. When the leader calls, "Streets or Alleys", these aisles are changed. When "Streets" is called, all

join hands and face front, and, when "Alleys" is called, all drop hands, face the side, and join hands again. The runners are not permitted to break through the joined hands or go under them. When the thief is tagged, a new thief and policeman are chosen, and the original two take their places in the lines. The change in aisles may either assist or hinder the policeman in tagging his runner.

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SECTION II QUIET GAMES

WORDS

Age 9-14

Each player is given a chart like that illustrated. The letters may be selected by any system. The object of the game is to add as few letters as possible before the letters or after to form a word. Thus "tam" in the first line, "pen" in the second, "two" in the third would "cost" one point because one letter has been added. Whereas, in the fifth it would cost two points if the word "very" was formed. If no word can be thought of, a penalty of fifteen points is placed on that line. No letters can be inserted between the two letters on the chart. No proper names or abbreviations may be used. The player with the lowest "cost" wins.

WORDS	COST
1. A M	1 tam
2. E N	1 pen
3. W O	1 two
4. R E	2 very
5. V E	
6. K E	
7. N E	
8. T C	
9. P O	
10. O U	
TOTAL	

MUSIC EAR

Age 6-15

Each player is given pencil and paper, and someone plays a number of songs on a piano or they can hum them. The player who has named the largest number of songs correctly wins.

Be sure you pick the songs with a definite age group in mind.

BUZZ (Two players)

Age 10-15

One player starts by saying "One"; the next player says "Two"; the next "Three"; the next "Four", etc., until the number "Seven". The player with "Seven" says the word "Buzz" instead. The next player "Eight", and so on to a multiple of seven, such as fourteen, twenty-one, twenty-eight, thirty-five, etc., each of which the word "Buzz" should be used instead of saying the number. The word "Buzz" is used for any number in which the word seven occurs, such as twenty-seven, thirty-seven, and when seventy is reached you say "Buzz-one", "Buzz two", etc.

When a player says a number instead of "Buzz" or says "Buzz" at the wrong time, a forfeit is paid and the next person starts the game over by saying "One".

I SEE

Age 6-12

One player says, "I see something that is white." The other players try to guess what it is. The one who guesses right becomes the leader and chooses an object.

You can play this game using the first letter of an object as saying, "I see something that has a first letter of 'c' (chair.)"

CROSS QUESTIONS

Age 12-15

All the players sit in two rows facing each other, except one who is It. Those players sitting directly opposite each other are partners. It walks behind one row and asks questions of any player facing him from the farther row. The question must be answered by the player with his back to the questioner and not by the player addressed.

Any player failing to answer the question correctly or answering when addressed or failing to answer a question directed to his partner must pay a forfeit.

The questions may be about any subject.

WEE BOLOGNA MAN

Age 5-9

One player who is the leader repeats the verse below and imitates any animal, any band

member, or any modern piece of machinery. All the other players follow him. For instance he could beat a drum, fly like a bird, etc. The game should be played very rapidly.

"I'm the wee Bologna Man,
Always do the best you can,
To follow the wee Bologna Man."

GOOD MORNING

Age 7-10

One player blinds his eyes and the leader, teacher, or person in charge points to some player in the room. This person says "Good morning, Mary", or whatever the child's name is. The blindfolded player, if he recognizes the voice, says "Good morning, John", or the correct name. The player gets three guesses. If he guesses correctly he is it again, but if he doesn't, he changes places with the person saying, "Good morning."

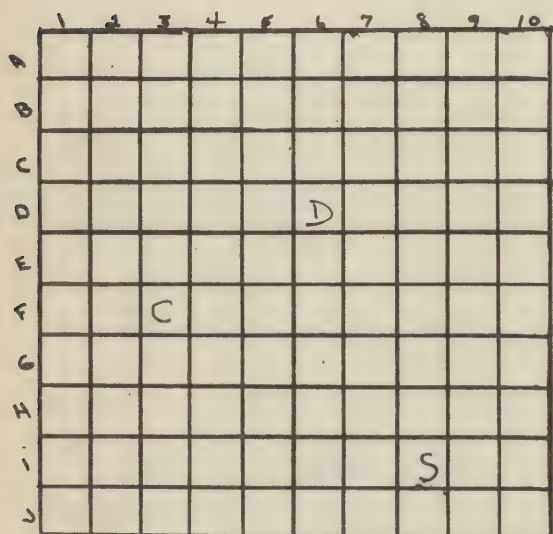
A player may move around in the room after saying "Good morning," so the player blindfolded cannot use direction as a help in guessing.

SHOPPING

Age 10-14

A player who is the shopper walks around the room and stops before a player. He says "I'm going to Chicago. What can I buy?" He counts ten and before he finishes the player to whom he pointed must name two objects that begin with "C". If he fails, he becomes the shopper. Any city may be named, but the object named must always begin with the city's initial.

BATTLE OF TRAFALGAR



Here is an exciting version of the well-known game called "Ships," "Salvo," or "Battleship." The fact that the boats can move makes the game more challenging. It was suggested by Stanley Rough, Montreal Parks and Playgrounds Association, Inc., who has played the game successfully with social groups for many years. It is said that it is played in the French Naval Academy.

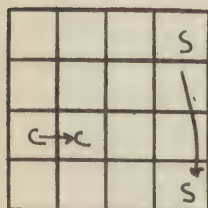


figure 2

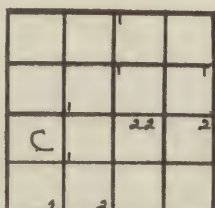


figure 3

Directions. This game is for two players, each equipped with pencil and paper. It is necessary that the players do not see each other's sheet of paper. Rule paper as in the diagram, but with half-inch squares so shots can be clearly marked.

<u>Boats</u>	<u>Moves</u>	<u>Shots</u>	<u>Hits</u>
C - Cruiser	can move 1 space,	or shoot 3 shots,	and it takes 3 shots to sink a C.
D - Destroyer	can move 2 spaces,	or shoot 2 shots,	and it takes 2 shots to sink a D.
S - Submarine	can move 3 spaces,	or shoot 1 shot,	and it takes 1 shot to sink an S.

Each player places his three boats in any three squares, marking in each square the initials of the boat. Players take turns about in either shooting or moving. A player cannot move and shoot at the same time. When a player shoots he tells his opponent which square he is shooting into, as "I shoot D3." When he moves he simply states the fact, and draws on his own sheet of paper a line to the new position. See figure 2.

The shots a player fires are marked on the bottom of each square he fires into, while his opponent's shots are marked on the top. In order that players may keep track of the turns from which the shots were fired, it is a good plan to number them. First turn shots are numbered 1; second turn shots 2, and so on. In that way, also, recent shots are discernible, and the location of enemy ships discernible and the player does not shoot in the same spot any oftener than he deliberately intends to. With shots and moves so marked it is a simple matter too to check up after the game on puzzling positions which may have occurred. See figure 3 for illustration of the recording of shots.

Further rules: Because the boats can move or shoot, a great deal more strategy can be employed with well-thought-out tactics to confuse the enemy. However, it is important that the rules be followed carefully, for any variation will throw the enemy unfairly off the track. Notice particularly rules 1 and 5.

1. A boat can only shoot into any of the adjoining squares, not beyond.
2. No more than three shots can be fired at one turn, but these shots can be divided up among the boats or a cruiser can fire all three.
3. After each round of shots, your opponent must tell you if you have secured a hit. He does not say in which square the hit was but must name the boat.
4. The boat which is hit can still fire until it is sunk but cannot move. When a boat is sunk the opposing player must be notified.
5. In moving a boat, you cannot move diagonally across the board.
6. A game is decided when one player loses all his boats. If the game ends with both sides having boats which are unable to move, the side that has the fewest hits (and hence the strongest boats) wins.

Taken with permission from Recreation Bulletin Service issued by the National Recreation Association, New York.

HOME FUN

There was a circus in town, and the animals in the community wanted to see this circus. These animals get in. Why?


The Duck - - - - -	Answer - - -	"He had a bill."
The Frog - - - - -	Answer - - -	"He had a green-back."
The Deer - - - - -	Answer - - -	"He had a buck" or a "doe".
The Hog - - - - -	Answer - - -	"He had four quarters."

Pronounce "to". Now "too". Now "two". Now the second day of the week. Invariably the answer will be Tuesday." Then the leader can say, "No, it is Monday."

The leader can spell the following words, asking for the person to pronounce them. Pronounce M-a-c-d-o-u-g-a-l. Now pronounce M-a-c-d-o-n-a-l-d. Now pronounce M-a-c-h-i-n-e-r-y. After the person tries several times, explain that it is machinery.

A FEW STUNTS

I CAN'T PAY THE RENT

This play may be enacted by one person or the whole group at once. At a banquet table, paper napkins may be pinched in the middle in this fashion,  making a bow effect.

Small pieces of paper may be used instead. As the player enacts all the parts himself, he changes character through change in voice and position of the bow. Girl: Bow is held against the head as a hair ribbon. Villain: Bow becomes a mustache against the upper lip. Hero: Paper becomes a bow tie. Act the play quite quickly since the fun of this stunt lies in its utter nonsense.

Where no paper is available, position of the hands may indicate which character is speaking. Girl: Right cheek resting against the two folded hands, head tilted. Villain: Forefinger of left hand is held horizontally under nose for mustache and forefinger of right hand is held vertically on chin to represent a goatee. Hero: Deep bow.

Villain: (Sinister voice) Knock, Knock.

Girl: (Treble, timid voice) Who is there?

Villain: (Fiercely) I have come for the rent.

Girl: (Desperately) I can't pay the rent. I can't pay the rent.

Villain: (Sternly) You must pay the rent. You must pay the rent.

Girl: (More Desperately) I can't pay the rent! I can't pay the rent!

Villain: (Fiercer than ever) YOU MUST PAY THE RENT! YOU MUST PAY THE RENT!

(Sound of an approaching horse is made by stamping the feet and beating the hands on the knees.)

Hero: (Nobly) I will pay the rent!

Girl: (Ecstatically) My hero!

Villain: (Thwarted tone) Curses!

THE ECHO

This stunt is quickly rehearsed and no props are necessary, although costumes may be used. The cast is elastic, but one of not more than eight or nine characters is probably most effective. The cast consists of mother, father, children of assorted ages, a real estate salesman, and an echo. The real estate salesman should be a person who has an imagination and talks easily. The conversation is built about the following episode: The real estate man is selling the family a plot of land for a homestead. He extols its virtues - the size, location, soil, trees, water, and so on, winding up his sales talk by stating that the most important thing of all is that there is an echo on the farm. If they would care to hear it, he will shout. He does so and the concealed echo responds faintly. The family is impressed. Then he asks the father if he would like to try. Father does, shouting, "Hi, there!" The echo responds. Then the mother is invited to try and she calls, "Are you there?" and the echo responds, "Are you there?" The baby begins to cry and the echo responds. One child demands water and others sneeze, cough, or ask questions in turn. The echo mimics each. Finally one of the larger boys shouts, "Hi, babe! How about a date?" Whereupon the echo retorts promptly and shortly, "That's enough from you, fresh boy!" The surprise ending takes the audience off its guard and brings laughter.

THE OLD GRAY MARE

Line up a number of the guests for this stunt, coaching them for a minute. Give the first one in line two large handkerchiefs which he holds or ties on his ears and give the last a scarf to use as a tail. Guests bend over, placing their hands on the back of the old person in front. This long animal is introduced to the other guests as the "Old Gray Mare". As the mare sings "The Old Gray Mare She Ain't What She Used to Be" (the others may be invited to sing too), she weaves and staggers about the room, ears flapping, tail swishing, and legs rather out of step and weak at the knees. During the third and fourth time the song is sung, the animal slows down and begins to falter. The tail man falls to the floor and stays

there. Two or three others at the end topple over at once and another and another fall until only the head is left. This at last sinks slowly to the floor as the song dies out completely.

AT THE DEPARTMENT STORE

Who doesn't, at holiday time or at any other time of the year, delight in shopping for gifts for each member of the family? The leader is to take us on such a shopping trip. As he tells of his purchases he performs motions to illustrate the various articles which he buys. The players imitate the leader. Each of his motions is continued by everyone throughout the story.

There are a large number of articles which may be pantomined, and so fit into such a story -- a fan, pair of scissors, chewing gum, piano, and typewriter, for instance. Nods and shakes of the head, the waving of the hands, shrugging of shoulders, and so on, may be added to the story given below in response to questions of salespeople, meeting with friends, and other similar situations.

We note briefly a story which might serve as an outline or guide in the making up of a story of your own. It is not necessary to memorize the story, but have the parts well in mind, however.

"It was nearing Christmas time and I went to the department store to buy presents for my family. I went up and down the aisles and finally found a fan for my mother (fanning motion with right hand). At the scissors counter I bought a pair of scissors (cutting motion with left hand) for my sister and, with the fan for my mother, and the scissors for my sister, I wandered into the confectionary department and bought some gum (chewing motion) for my brother. Carrying the fan for my mother, scissors for my sister, and gum for my brother, I went up to the sixth floor. There a clerk asked me "Parlez-vous francais?" I shook my head, "No." Still shaking my head, chewing the gum, carrying my sister's scissors, and my mother's fan, I stepped into the sewing department. My grandmother likes to sew; so I looked at sewing machines and the clerk showed me how to work one (treadle movement with right foot). Going from there into the furniture department, treading the sewing machine, shaking my head, chewing gum, and carrying the scissors for my sister and the fan for my mother, I spied a rocking chair and sank into it exhausted and rocked and rocked (rock body)."

By this time guests are laughing and completely confused with trying to fan themselves, cut with scissors, chew gum, shake their heads, tap their feet, and rock their bodies, all at the same time.

A variation of this skit would be to tell a story about a trip to a toy store, a playground, or a zoo.

Taken from the Recreation Bulletin Service issued by National Recreation Association, New York, Bulletin No. 3999 with permission.

DONKEY

In this game four cards of any one number are needed for each player. The cards are shuffled and dealt, each person receiving four cards. The object of the game is to obtain four of any one number, e.g., four 5's, four 7's or four 10's. As soon as the cards are sorted in a player's hand, each player takes a card from his hand, and passes it face down along the table to the player at his left. All do this at once. The players continue drawing and passing cards in this way until one player succeeds in getting four cards of the one number.

Whoever succeeds in doing so puts his cards upon the table and puts his forefinger to his nose. As soon as the other players observe that one player has his finger to his nose, they quietly lay down their cards and do the same.

The player who last puts his finger to his nose is a "Third of a donkey." When a person is a whole donkey, he is eliminated from the game. For each person eliminated, a set of cards is withdrawn from the pack. The game continues as before. The Donkey now ostracized tries to engage the players in conversation. Any person answering a Donkey, likewise becomes a "Third of a donkey." The rule which prohibits players from replying to questions asked by the Donkeys increases the merriment of the game.

GOLDEN "10" (A popular game for from 3 to 7 players)

When four play, play partners. Deal the entire pack, one card at a time to each player. If there are any cards left over, beyond what will divide evenly, they are placed in the center of the table face down, and are taken by the player who takes the first trick.

The object of the game is to avoid capturing red cards. Each red card taken by any player counts one point against him, with the exception of the "red 10" which counts ten points, and "red 5," which counts five points against him.

The "Golden 10" (10 yellow or a specially marked card), however, is a desirable capture, as it reduces by 10 points any "red" score against the player.

If a player has ten or fewer red points against him, capture of "Golden Ten" simply erases his adverse score.

To start the game. After the cards are dealt, each player arranges his cards, putting all the cards of the same color together for convenience.

The player at the left of the dealer then plays any card he desires in the middle of the table, the other players following in turn, in all cases playing a card of the same color as the card led, if possible.

When a player has no card of the color led, he may play any card he chooses, and usually plays a red card, so as to get the red card out of his hand. The play passes to the left, each person playing one card. The highest card of the color led takes the cards thus played. This is called a trick.

Whoever takes a trick leads any card he chooses to start the next trick. Continue until all the cards are played. Then the players examine the tricks which they have captured and count any red cards contained in them. Each red card counts one point against each player, except "Red 10" and "Red 5", which takes off 10 and 5 points respectively.

The "Golden Ten" reduces the "against" score of player capturing it as previously explained.

The game continues until six deals have been played. Whoever, at the end of these deals, has the smallest count against him wins the game.

MATCH

Deal one card at a time to each player, until all the cards have been dealt, even though some of the players obtain one more card than the others. Players do not look at the cards that are dealt them, but place them face down on the table. (These are called the "player's hand.")

The player at the left of the dealer then starts the game by playing a card in the center of the table from the top of his hand without examining the card before playing. The next player at his left plays from the top of his hand, the play continuing around the table, until someone plays a card which is of the same number as the card which was first laid down. Whoever thus duplicates the first card takes all the cards played, and puts them under his own cards. The player at his left then starts a new playing pile, playing the top card from his hand, this pile being captured in the same manner, by the first player duplicating the starting card. When a player runs out of cards, he is out of the game. When all but two players are out of the game, five piles more are played. Then the game ends and the player having the most cards wins.

These games are taken from the Social Activities Bulletin issued by the Recreation Division of the Chicago Park District, with permission.

WHAT WOULD YOU DO?

Give each player a slip of paper. This he tears in two pieces and on one writes, "What would you do if _____," and finishes the question with anything he likes - "if you had million dollars" or "if you saw a snake on Broadway" or some such statement. On the second slip he writes, "I would _____" and writes something to do which may or may not have anything to do with the question. When everyone has finished, the questions are passed four persons to the left and then the answers are passed four to the right. Now read aloud the questions and answers in turn. Pass the answer again and read the new combination aloud, if you like.

Taken from the Recreation Bulletin Service with permission.

I DOUBT IT

1. Shuffle the cards thoroughly and deal the entire pack, although it may give some players one card more than the others. When the groups are large, use two packs of cards.
2. The player at the left of the dealer begins the game by taking from his hand a number "one" card if he has it. (In this game the color of the card has no significance.) If not, he draws any card from his hand and puts it face down on the table calling "one"--whether he plays a number one or not.
3. The player at his left then draws a number two card, if he has it, from his hand, and places it in the center of the table, on top of the first card placed face down, calling--"two." The play thus continues, each player playing a card and calling the next consecutive number whether the card he plays bears that number or not.
4. Whenever a player suspects that the card played is not the card of the number named, he may call "I doubt it." The player whose play is doubted must then show the card he played. If it is the number that he called, the player who called "I doubt it" is obliged to take all the cards that have been played to the center of the table, but if the player whose play was doubted did not play the number that he called, he is obliged to take all the cards in the center of the table.

After fourteen has been called begin again with one, starting all over again.

The object of each player is to run out of cards. He who first does so is given one point for every card left in the hands of his opponents. Any player may call "I doubt it" when he thinks that an opponent is playing a false card.

The game continues in this way until one of the players runs out of cards. The first player running out of cards wins the game.

Taken from the National Recreation Congress, October 3-7, 1938, with permission.

PIN HOLE SKETCHES

Make five dots at random on a piece of paper. Pile several pieces of paper on top of each other. Put the marked copy on top and push or pound a pin through each dot so that all copies are exactly alike. Make more - enough for one for each guest. Give each guest a pencil, a cardboard, or magazine for support and let each "draw something" by connecting the dots. If the dots are made clearly visible by penciling it will be easier to see "something" in the dots. You may give awards for the funniest, cleverest, and most artistic object or person drawn through connecting the dots.

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MIND YOUR P'S AND Q'S

Tell the players that they must mind their P's and Q's and that means use no word beginning with those letters. Ask each in turn a question, adding the warning about the "poison" letters, as "Who puts out the cat at your house? But mind your P's and Q's." The victim must answer at once. If he violates the rule, he is out of the game. Make your list of questions up in advance so the game will run quickly. You may vary this game by not telling what "mind your P's and Q's" means and let the guests try to find out why some fail and some don't, as you do in the familiar game of "Black Magic."

Taken from the Recreation Bulletin Service with permission.

PEANUT TOSS

Ask the players to form a circle. Give each player three peanuts. Now make two teams out of each circle so that half the circle is team A and half, team B. One player from each team is chosen captain of that team. The captain of team A holds a large paper bag in his hand, waist high and open. He stands in the center of the circle facing team B. Each member of team B, in turn, throws his peanuts into the bag. The captain may not alter the position of the bag nor may the throwers move out of place. All peanuts going into the bag are returned to team B, but all falling to the floor belong to team A. When each member of team B has thrown his three peanuts, the captain of team B holds the bag for team A to throw into. This may continue for several rounds, whereupon the spoils are divided among the members of the team, or the game may go on until one side no longer has any peanuts.

Taken from the Recreation Bulletin Service with permission.

Pass a penny around to all the players and give each player a definite length of time to look at the penny. Each player is provided with a pencil and paper. The following questions are asked and can be answered with things found on the penny:

1. The name of a country - - - - - America
2. A weapon used by Indians - - - - - Arrow
3. A large body of water - - - - - C (sea)
4. A kind of fruit - - - - - Date
5. Part of a hill - - - - - Brow
6. A beverage - - - - - T (tea)
7. An animal - - - - - Hare (hair)
8. A flower - - - - - Tulip
9. A part of a door - - - - - Lock
10. The first American - - - - - Indian
11. A part of Indian corn - - - - - Ear
12. A messenger - - - - - One sent (one cent)
13. Trimming used by a milliner - - - - - Feather
14. Found in a post office - - - - - Letters
15. A state of being married - - - - - United
16. Part of a plant - - - - - Leaf
17. Perfume - - - - - S (cent)
18. House of worship - - - - - Temple
19. Part of a river - - - - - Mouth
20. Piece of jewelry - - - - - Ring
21. An emblem of royalty - - - - - Coat of arms
22. Strokes of a whip - - - - - Lashes
23. Slang for hat - - - - - Lid
24. Something found in school - - - - - Pupil

WORDS IN WORDS

Every day we use words without really considering what other words they are made up of. If we were to divide words and consider just what their meaning was after we had "dissected" them, we would be surprised.

Supply each player with a pencil and paper to answer the questions. Here are a few questions and answers and other lists can be made by using the dictionary.

1. What words can you substitute for these that begin with COW?
 - a. One who tends cattle.
 - b. A tuft of hair turned up over the forehead.
 - c. To crouch trembling.
 - d. A flower of the primrose family.
 - e. An English poet.
 - f. A fellow laborer.
 - g. One lacking courage.
 - h. A priest's hood.
2. What words can you substitute for these that begin with WIN?
 - a. Having a pleasing manner.
 - b. Close one's eye suddenly.
 - c. An appendage used for motion.
 - d. A beverage made from grapes or other fruits.
 - e. An unobstructed space allowing the entrance of light.
 - f. Air in motion.
 - g. To coil or twist around.
 - h. To shrink from a blow.
 - i. A merchant sailing vessel.
 - j. A glass in a sash.
 - k. British royal house.
 - l. City in England.

3. What words can you substitute for these that begin with FUR?

- a. A state of frenzy.
- b. Equipment or ornamentation of a household.
- c. One-eighth of a mile.
- d. More distant.
- e. Sly or secretive.
- f. Act of providing or giving.
- g. To roll up, as a sail.
- h. Leave of absence granted a soldier.
- i. Three sisters in Greek mythology.
- j. A chamber for heating.

4. What words can you substitute for these that begin with FIN?

- a. Something that is terminal.
- b. Monetary affairs.
- c. Slang for a five dollar bill.
- d. Small bird.
- e. Discover.
- f. Purified or of excellent quality.
- g. Strategem or dexterity.
- h. A digit.
- i. Over nice.
- j. Complete.
- k. Subject to limitations.
- l. An independent state.
- m. Punishment imposed by judicial authority on those guilty of misdemeanors.
- n. Showy decorations.
- o. A cavern in Scotland containing salt water.

5. What word can you substitute for these that begin with PAN?

- a. Republic on Western continent.
- b. A woodland deity.
- c. Important digestive organ.
- d. A garment worn by women and children in olden days.
- e. The belief that God and the material universe are one.
- f. Laudatory expression.
- g. Goddess in Greek mythology.
- h. Riotous uproar.
- i. Flower with a face.
- j. Beg for money.
- k. Roman temple dedicated to the gods.
- l. Short gasp.
- m. Window glass filling an opening.
- n. Member of the cat family.
- o. Series of pictures representing continuous scene.
- p. Sensitive to colors of the spectrum.
- q. Overpowering fear.
- r. Soft velvety nap of fabric.
- s. Sudden pain.
- t. Dramatic presentation by action alone.
- u. Cake baked on griddle.
- v. Small raccoon-like animal having the appearance of a teddy bear.
- w. Room in which provisions are kept.
- x. Widely epidemic.
- y. Instrument used to copy a diagram in the same or larger or smaller scale.

6. What words can you substitute for these that begin with TAN?

- a. Fruit similar to an orange.
- b. Family of birds famous for brilliant plumage.
- c. Hero of a Wagner opera.
- d. Repeatedly disappoint.
- e. Intertwined.

- f. Perceptible to the touch.
- g. Two or more horses arranged in a single file.
- h. Spanish-American dance.
- i. Receptacle.
- j. Petulant fit.
- k. Name for vegetable compounds.
- l. Any distinct quality of taste.
- m. Large drinking cup.
- n. Herb with yellow flowers used in making medicine.
- o. Equivalent value.

7. What words can you substitute for these that begin with CAP?

- a. Island in the Bay of Naples.
- b. Southern extremity of South America.
- c. Upset or overturn.
- d. A seed vessel.
- e. A constellation.
- f. Juliet's family name.
- g. Charm or fascinate.
- h. Title or heading of a chapter.
- i. Whim or change of mood.
- j. Friars of the Order of St. Francis.
- k. Spacious or roomy.
- l. Minute vessel connecting arteries and veins.
- m. To leap playfully.
- n. Either carrying power or space.

Answers:

1. Words that begin with COW are

- | | |
|------------|-------------|
| a. Cowhand | e. Cowper |
| b. Cowlick | f. Coworker |
| c. Cower | g. Coward |
| d. Cowslip | h. Cowl |

2. Words that begin with WIN are

- | | |
|------------|----------------|
| a. Winsome | g. Wind |
| b. Wink | h. Wince |
| c. Wing | i. Windjammer |
| d. Wine | j. Windsor |
| e. Window | k. Winchester |
| f. Wind | l. Window Pane |

3. Words that begin with FUR are

- | | |
|--------------|-------------|
| a. Fury | f. Furnish |
| b. Furniture | g. Furl |
| c. Furlong | h. Furlough |
| d. Further | i. Furies |
| e. Furtive | j. Furnace |

4. Words that begin with FIN are

- | | |
|------------|------------------|
| a. Final | i. Finicky |
| b. Finance | j. Finish |
| c. Fin | k. Finite |
| d. Finch | l. Finland |
| e. Find | m. Fine |
| f. Fine | n. Finery |
| g. Finesse | o. Fingal's Cave |
| h. Finger | |

5. Words that begin with PAN are

- | | |
|-----------|--------------|
| a. Panama | c. Pancreas |
| b. Pan | d. Pantaloon |

- | | |
|----------------|-----------------|
| e. Pantheism | o. Panorama |
| f. Panegyric | p. Panchromatic |
| g. Pandora | q. Panic |
| h. Pandemonium | r. Panne |
| i. Pansy | s. Pang |
| j. Panhandle | t. Pantomine |
| k. Pantheon | u. Pancake |
| l. Pant | v. Panda |
| m. Pane | w. Pantry |
| n. Panther | x. Pandemic |
| | y. Pantagraph |

6. Words that begin with TAN are

- | | |
|---------------|----------------|
| a. Tangerine | i. Tank |
| b. Tanager | j. Tantrum |
| c. Tannhauser | k. Tannic acid |
| d. Tantalize | l. Tang |
| e. Tangled | m. Tankard |
| f. Tangible | n. Tansy |
| g. Tandem | o. Tantamount |
| h. Tango | |

7. Words that begin with CAP are

- | | |
|--------------|-----------------|
| a. Capri | i. Caprice |
| b. Cape Horn | j. Capuchins |
| c. Capsize | k. Capacious |
| d. Capsule | l. Capillary |
| e. Capricorn | m. Caper |
| f. Capulet | n. Capacity |
| g. Captivate | o. Captain Kidd |
| h. Caption | |

COMPLETE THE SIMILES

These are similes we should all know. Give each player a pencil and paper and the person with the most right is the winner.

1. Smart as a - - - - - Whip or fox
2. Pretty as a - - - - - Picture
3. Dirty as a - - - - - Pig or dog
4. Funny as a - - - - - Crutch
5. Stiff as a - - - - - Board
6. Neat as a - - - - - Pin
7. Cross as a - - - - - Bear
8. Ugly as a - - - - - Witch
9. Crazy as a - - - - - Loon
10. Quick as a - - - - - Flash
11. Busy as a - - - - - Bee or beaver
12. Sharp as a - - - - - Razor
13. Clear as a - - - - - Whistle
14. Sober as a - - - - - Judge
15. Big as a - - - - - House
16. Clear as a - - - - - Crystal
17. Red as a - - - - - Beet
18. White as a - - - - - Sheet
19. Limp as a - - - - - Rag
20. Proud as a - - - - - Peacock
21. Poor as a - - - - - Church-mouse
22. Thin as a - - - - - Rail
23. Fat as a - - - - - Pig
24. Dark as a - - - - - Dungeon
25. Little as a - - - - - Minute
26. Shy as a - - - - - Violet or mouse

27. Light as a - - - - - Feather
28. Pale as a - - - - - Ghost
29. Brown as a - - - - - Berry
30. Cute as a - - - - - Button
31. Straight as a - - - - - String
32. Brave as a - - - - - Lion
33. Mad as a - - - - - Hare
34. Sick as a - - - - - Horse
35. Fresh as a - - - - - Daisy
36. Drunk as a - - - - - Lord
37. Meek as a - - - - - Lamb
38. Bright as a - - - - - Dollar
39. Dead as a - - - - - Doornail
40. Wrinkled as a - - - - - Prune
41. Friendly as a - - - - - Puppy
42. Pure as a - - - - - Lily
43. High as a - - - - - Kite
44. Lower than a - - - - - Snake's Belly
45. Slow as a - - - - - Snail
46. Gay as a - - - - - Lark
47. Weak as a - - - - - Kitten
48. Hard as a - - - - - Rock
49. Flat as a - - - - - Flounder
50. Hot as a - - - - - Fire
51. Stubborn as a - - - - - Mule
52. Tired as a - - - - - Dog
53. Black as - - - - - Pitch
54. Blind as a - - - - - Bat
55. Quick as a - - - - - Wink
56. Plain as the - - - - - Nose on your face
57. Old as - - - - - Methusaleh
58. Happy as a - - - - - Lark
59. Green as - - - - - Grass

DRAWING RELAY

Arrange two teams in relay formation, each guest sitting in a chair. The first person in the line holds a crayon. On the word "go" he passes it to the next person and when the last person receives it, he walks to the wall and draws one part of the figure chosen - perhaps an animal or automobile - and walks back to give the first person in line the chalk to pass as before. While the runner adds his bit to the picture, all the others move back one chair so that the walker on his return sits in the first seat. Teams may sit facing each other to simplify the moving from chair to chair. The team with the most interesting picture and the team finished first win prizes.

Taken from the Recreation Bulletin Service with permission.

SLOGANS

1. It's Toasted.
2. Pink Tooth Brush.
3. You Can Taste the Difference.
4. Chases Dirt.
5. They Satisfy.
6. Good to the Last Drop.
7. Get a Lift with a .
8. Banish "Tattle Tale Grey."
9. It's Dated.
10. Even Your Best Friend Won't Tell You.
11. Hasn't Scratched Yet.
12. When It Rains It Pours.
13. Not a Cough in A Carload.
14. It Floats.'
15. Ask the Man Who Owns One.

16. Don't Have Dishpan Hands.
17. For Teeth Hard to Brighten.
18. 57 Varieties.
19. Call For _____.
20. Body by_____.
21. Makes Your Money Go Three Times As Far.
22. Watch The_____ Go By.
23. No Stoop, No Squat, No Squint.
24. Shot From Guns.
25. The Soap is in the Pad.
26. It's Kitchen Tested.
27. 6 Delicious Flavors.
28. Quick Henry the_____.
29. Do As Your Dentist Does, Use _____ Powder.
30. Wake Up and Live.

Answers:

1. Lucky Strike Cigarettes
2. Ipana Toothpaste
3. Campbell's Soup
4. Old Dutch Cleanser
5. Chesterfield Cigarettes
6. Maxwell House Coffee
7. Camel Cigarettes.
8. Fels Naphtha Soap
9. Chase and Sanborn Coffee
10. Listerine
11. Bon Ami
12. Morton's Salt
13. Old Gold Cigarettes
14. Ivory Soap
15. Packard
16. Lux Flakes
17. Iodent Tooth Paste
18. Heinz
19. Philip Morris
20. Fisher
21. Pepsodent Antiseptic
22. Fords.
23. Philco Radio
24. Quaker Puffed Wheat
25. S O S Scouring Pads
26. Gold Medal Flour
27. Jell-o
28. Flit
29. Dr. Lyon's Tooth Powder
30. Fleischmann's Yeast

YOU DRAW IT

Give everyone five minutes - or less - to draw his interpretation or version of a familiar song. One drawing is to be made, not a series, to illustrate the song. Such song as "Yes, We Have No Bananas", "I've Been Working on the Railroad", "Old Black Joe", "My Old Kentucky Home", "When You Wore a Tulip", and "Home on the Range" may be used. Have a "show" after each song is "drawn" with a display of each one's effort and perhaps a prize for the one deemed most clever or artistic. Or small groups can illustrate songs which the others try to guess - as in charades.

Taken from the Recreation Bulletin Service issued by the National Recreation Association, New York, with permission.

There should be nine cards each of the following flowers with their values marked:

Pansy - - - - -	50
Daisy - - - - -	60
Violet - - - - -	70
Rose - - - - -	80
Lily - - - - -	90
Tulip - - - - -	100

The cards should be shuffled thoroughly and dealt to the players. Each player should decide mentally which flower he will "corner". The dealer calls "the pit is open!" Each player begins immediately to exchange one to four cards with any player. The object is to trade cards he doesn't want in hopes he will get cards for his "corner". When a player has nine cards of one kind he calls "Bouquet." He scores whatever amount is marked as the value of the flower which he cornered. The first player scoring 250 points is the winner. (This is played like Pit.)

JOHN JONES

Age 13-16

A most peculiar man was John Jones of Jonesville. Whenever he left his house he was accompanied by these various animals, objects, and persons mentioned below.

Each player is given a pencil and paper and these questions are asked. All can be answered by parts of the body.

1. Two playful barnyard animals? (Calves)
2. A member of the deer family? (Heart)
3. A number of small, fleet animals? (Hares)
4. Two fish? (Soles)
5. The steps of a hotel? (Innsteps)
6. Weapons of warfare? (Arms)
7. Parts of several whips? (Lashes)
8. Two flowers? (Tulips)
9. Two places of worships? (Temples)
10. Two tropical trees? (Palms)
11. Carpenter's supplies? (Nails)
12. Two scholars? (Pupils)
13. Congress when a vote is taken? (Eyes and nose)
14. Two kettle covers? (Lids)

BLACK MAGIC

Any Age

Two people must know how this game is played. One of these players leaves the room while the rest select an object. The other player, who knows the game, quizzes his accomplice, naming objects, asking "Is it that?" When he names the object selected the player will say, "Yes, that is it." He knows the correct object because an object that is black has been named before the correct object.

OLD WITCH

Age 9-14

The players are seated in a circle. One player is the leader and turns to his neighbor on the right and the following conversation takes place:

"The Old Witch died last night!"
 "She did? What did she die of?"
 "She died hitting her right knee."

The leader hits his right knee and his neighbor immediately imitates the movement and turns to his neighbor and the conversation is repeated until everyone in the circle is doing the motion. The second time around the leader shakes his head; the third time around he taps his left foot. This game can be played for an indefinite time and the leader must be a clever one to make the game a success.

COLORS

Any Age

One player in the group says, "I am thinking of an object in this room which is red." The others in turn name red objects, and the one who guesses correctly is next to choose an object.

FOODS

The above game can be used with foods. "I am thinking of a food that is brown." The person who guesses the food chooses the next food.

BIRDS FLY

Age 7-11

Players are seated in a circle with their hands quiet in front of them. The leader is in the center of the circle and calls, "Birds Fly!" at the same time raising his hands in a fluttering motion. All the players do likewise whenever he names anything that flies.

When he names something that does not fly, any player who follows his motion must pay a forfeit. The leader should call the names quickly in order to catch the players.

OLD WOMAN FROM THE WOOD

Girls 8-12

The players are divided into two equal sides which form two lines facing each other. One side decides upon some action representing an old woman's duties around a house. Then they advance saying, "Here comes the old woman from the wood." The other side says, "What can she do?" Whereupon all the members of the first group proceed to imitate the duty decided upon. The other group guesses what the action is, and if the guess is correct they receive one point. If they guess correctly on the first guess they receive five points. After each side has had an equal number of turns, the side with the highest score is the winner.

DETECTIVE

Age 8-16

A given territory is decided upon and the players pretend they are detectives. A list is made by each player of the objects seen in the territory. Each object or sign counts one point. This game can be played on a trip, and the score computed at the end of the trip.

BUYING CHICKENS

Age 8-12

All the players but two stoop with their hands clasped tightly under their knees. One player, the market man, stands near them. The other player, the buyer, approaches and a conversation about the wares is exchanged. When the buyer decides upon a chicken, the market man and buyer take the chicken by the arms and swing it three times. If the arms hold firm and the chicken does not smile, he is paid for. Any chicken that does not meet the test must make a forfeit, and a penalty is paid before the object is returned.

DUMB CRAMBO

Age 8-12

All the players are divided into two equal teams. The players on one team select a verb and tell the opposing side a word which rhymes with the verb chosen.

The other team decide upon the verb which they think is the one which the team chose, and act it out before the first team. If it is right, the first team clap their hands; if wrong, they stamp their feet. The teams change places when the word has been guessed correctly, and the game is repeated.

SLIPPER SLAP

Age 8-12

The players form a circle except one who is "It" who stands in the center. The players in the circle stand close together with their hands behind them and they pass a slipper around. From time to time some player slaps "It" with the slipper. Of course, this must be done quickly and the slipper passed on immediately. If "It" catches one of the players with the slipper, he becomes "It", and the game is repeated.

FIRE, WATER, AIR AND LAND

Age 9-12

All the players are seated in a circle with one player in the center who is "It". "It" throws a knotted handkerchief at some player in the circle and calls, "Water, Air, Land or Fire". If he says "Water," "Land," or "Air," the player hit must respond quickly with the

name of some inhabitant of that particular realm. If the word "Fire" is called, the player struck must remain silent. A player who does not answer promptly, or does not remain silent at the correct time, must pay a forfeit.

SNAKE IN THE GRASS

Age 7-11

Tie a knot in a cloth for a snake. The players form a circle with one player in the center who is "It". The players throw the snake from one to another but if "It" touches a player while he has a snake, that player becomes "It". If the snake is dropped, "It" must not touch the snake but rather touch the player who picks it up. This game may be played while seated.

BLIND CHILD

Age 8-12

The players form a circle except one who is blindfolded who stands in the center of the circle. The players slowly skip around "It" who counts to ten. At ten all stand still; "It" advances and touches some player. He tries to guess whom he touched by feeling of his face and clothes. The player whose name is correctly guessed becomes the blind child and the game is repeated.

THANKSGIVING BASKET

Age 9-14

Draw a large basket on the board or a huge piece of paper for each player. The object is to see who can write the largest number of Thanksgiving dainties in his basket. A time limit is necessary.

SWAT THE MOSQUITO

Age 6-9

One player is given a swat, a stuffed stocking or a roll of newspaper, and is seated in the center of the room on a chair or stool. The "swatter" is blindfolded. The other players or "Mosquitoes" creep up and buzz in the swatter's ears. He tries to swat them and changes places with anyone he swats.

BELL MAN

Age 8-12

All the players but one are blindfolded. Give the one who is not blindfolded a bell. He walks around ringing the bell and the children try to catch him. The one who succeeds changes places with him. If there is a large group, there may be two or three bell men.

HIDE THE CLOCK

Age 6-14

All players leave the room except one who hides a loud ticking clock. When the players enter, they all start looking for the clock. The one to find it first hides it the next time.

ALPHABET CONTEST

Age 6-11

A complete set of cards with the letters of the alphabet printed on them is needed.

The cards are placed face down on the table. Each player in turn draws a card until someone draws "A". That person keeps the card and all the other cards are placed face down on the table. The drawing starts again and continues until "B" is drawn. The other cards are returned to the pile. Drawing continues until all the cards are returned to the pile. Drawing continues until all the cards have been drawn in alphabetical order. The player with the greatest number of cards wins.

SOURCE BOOKS

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Hospital and Bedside Games
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Peter Puzzlemaker
Platt & Munk, 1922
3. Helen Hudson
Our Puzzle Book
Rand McNally, 1933
4. K. H. and M. B. H.
100 Riddles and 101 Things To Do
Grosset & Dunlap, 1928
5. The Big Fun Book
Jerome S. Meyer
New York Greenberg, Publisher, 1940

SECTION III SPASTIC ACTIVITIES

The following activities and suggestions are for spastic children. However, these games are fun for other children. Likewise, games found in other parts of this booklet can be adopted and used for spastic children.

HOME ACTIVITIES FOR SPASTIC CHILDREN

1. Hammer and nail sets
2. Pull toys
3. Jumbo crayons and book
4. Sand box on low table
5. Cut-out stencils
6. Ball on rubber string or ball on string and on paddle
7. Drum
8. Clothespins--to make dolls
9. Telephone with dial
10. Tops to spin
11. Tinker toys
12. Floating bath toys
13. Push toys
14. Wheelbarrow
15. Blocks--watch that size isn't too large
16. Dart game
17. Cash register
18. Marble games
19. Dominoes
20. Xylophone
21. Clay--modeling--heavily floured dough
22. Shuffleboard
23. Bean work
24. Archery set
25. Singing games with hand motions
26. Harmonicas
27. Fishing Games
28. Shadow pictures

LEGS

1. Kiddie cars
2. Tricycles
3. Little ladders
4. Wheelbarrow
5. Pedal automobiles

BREATH CONTROL

1. Blowing soap bubbles
2. Blowing pinwheels
3. Scrapbook of pictures being with words of his own difficulties

OUTDOOR EQUIPMENT IN YARD

1. Slide with ladder
2. See-saw
3. Sand box and equipment
4. Blocks

HAND-SHADOW FUN

Hold Your Hands Between A Light And The Wall

BILLY, THE GOAT



Place your right hand over your left. The little finger of your left hand makes Billy's beard, which you can waggle. Move the third finger of your left hand and he will chew grass.

THE FUNNY BUNNY



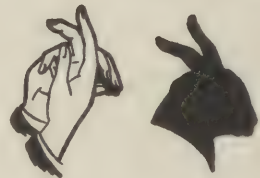
You can make his ears wiggle by moving the fingers of your right hand. He will scratch his nose if you move the first and second fingers of your left hand.

CHIEF TWO-FEATHERS



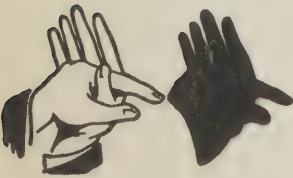
He's very easy to make and you can cause him to move his chin by moving ever so slightly the little finger of your left hand.

ANOTHER CARROT-EATER



This rabbit will appear to be eating something—probably a carrot—if you bunch together the fingertips of your left hand and move them slightly.

KING OF THE BARNYARD



You can put action into this old rooster by opening and closing the first finger and thumb of your left hand. He'll appear to be eating corn.

RACE HORSE



This race horse is resting in his stall in the stable because, by moving the little fingers of your two hands, you can make him appear to be eating his hay.

OLD LADY WHO LIVED IN THE SHOE



She will appear to be talking if you separate the second and third fingers of your right hand slightly. Another funny effect can be had if you move the little finger of the right hand, causing her chin to wobble.

FARMER'S HIRED HAND



To make him talk about the crops and the number of eggs the hens are laying, just move up and down the little finger of your right hand.

THE STATELY SWAN



Your left hand and forearm are the swan's neck. Your right hand forms the tail feathers. By lowering the left hand and arm you can cause the swan to dive its head.

SLY OLD FOX



You can make him seem even more fierce-looking by moving the little finger of your right hand, causing his mouth to open as he howls with hunger.

GIANT BUTTERFLY



You can make this hand-shadow in a jiffy. If you move both hands forward and backward the butterfly will appear to be flying.

KING OF THE CIRCUS



The tusks of this big elephant are formed by the first and little fingers of your right hand. Your thumb is his mouth and the second and third fingers are his trunk.

Learn These, Then Originate Your Own

All the players are divided into two teams with one player on each team acting as a captain. The captains draw to see which side starts the game. All players keep their hands under the table and a quarter is kept in continuous motion, passed from hand to hand. At any time the opposite captain says, "Up Jenkins!" All the players must put their elbows on the table with both hands clenched. If he says, "Down Jenkins!" all players must put their hands down, opening them to lie flat, back up, on the table. The one who has the quarter tries to keep it hidden and not let it make a sound on the table.

The opposite leader then points to one hand after another saying "Take it up." When the coin is found, the score is computed thus: The side whose leader is guessing scores one point for all hands taken up; the side holding the coin scores one point for all hands still down. The other side takes the coin and the game is repeated. Captains are changed each time. The first side to reach a score of 100 wins the game.

PASSING RELAY (hands)

Pass a glass of water down the right side of the team and back on the left. The team with most water in the glass at the finish wins. Use this where water on the floor (or ground) can do no damage, for there will be spills.

Taken from the Recreation Bulletin Service with permission.

CIRCLE STRIDE BALL (legs and arm)

Age 6-12

All the players form a circle except one who is "It", and he stands in the center of the circle. The players in the circle stand with their feet wide apart, touching the feet of their neighbor. "It" throws a soft ball between the feet of some player. The circle players try to stop the ball with their hands, but they cannot move their feet. If any player moves his feet he becomes "It". If the ball goes through the circle, "It" goes outside the circle and tries to get the ball in again. Change the player who is "It" often.



Circle Stride Ball

DO THIS, DO THAT (leg, arm, hands)

Age 6-10

All the players face one player who is the leader. The leader assumes any gymnastic position imitating an action, at the same time saying "Do this." The other players immediately imitate him. If the leader should say "Do that," any player who imitates him

must pay a forfeit. After a player has paid three forfeits he is out of the game. You should change leaders often.

HORNS (hands)

Age 6-15

All players put their forefingers on their knees or a table. One player is the leader and he says,

"Pigs' horns up,
Goats' horns up,
Rabbits' horns up,
All horns up."

Whereupon he lifts his own fingers up. If he names an animal that has no horns, any players imitating the leader must pay a forfeit. If any player fails to lift his fingers for an animal with horns, he must pay a forfeit. Also, change leaders often.

KICK UP (leg)

Age 8-12

All the players lie in a circle on the floor with their feet toward the center. A balloon or a light ball is tossed on their toes. The object must be kept in the air by using the feet only. A point is lost each time the balloon touches the floor. This game should not be played more than three minutes at a time.

RIGHT AND LEFT SPELLING (General control of muscles)

Age 8-16

The players are lined up for a spelling match. The leader announces that instead of saying the letter "A" when spelling a word, you raise the right hand. "T" is indicated by raising the left hand, "E" is indicated by nodding the head, and "O" is indicated by stamping the foot.

Thus the word "rat" would be spelled "R", raise right hand, raise left hand. A player drops out when he misses or he is given a mark against him. With older children other gestures may be used for other letters.



Over and Under

OVER AND UNDER (hand, arm and leg)

Age 8-12

The players are divided into two teams. The teams form a straight line with one player behind another. The first player in each line is given a bean bag or a ball. When the whistle blows he passes the bag over his head to the second player, who passes it between his legs to the next player, who hands it over his head, etc., down the line. The last player in the line runs to the head of the line and starts the ball back of his head. The first line to regain its original order, with the first player at the head again, wins.

WASHINGTON CROSSING THE DELAWARE (General balance)

Age 6-14

You need a wash basket, two straight chairs the same height, a good sturdy floor mop, a broom, and four coins. The basket must have handles on it.

Place the two chairs facing each other about three feet apart.

Put the floor mop through the handles of the basket and place the basket between the two chairs with the pole resting on the chair seats. The player sits on the pole with his feet in the basket, and the broom is used for a balancer or oar. Then with the oar the player must brush the four coins off the chair. The coins have been placed on the two front corners of the chairs.

PASS THE CLOTHESPINS (hand)

Age 6-12

The players are divided into two equal teams and stand in lines facing each other. The captain of each side has a double handful of clothespins. On signal he puts them on the floor in front of the player next to him. This player must pick all the clothespins up; then, place them in front of the next player. The team that can first pass the clothespins down its line and back to its leader wins.

CATCH THE STICK (leg, hand)

Age 8-12

All players are numbered and seated consecutively. Then they change in the circle. One player is "It" and stands in the center of the circle. He holds a stick in a vertical position with the tip of his fingers. As he releases the stick, he calls the number of a player in the circle. This player must jump up and catch the stick before it hits the floor. If he doesn't catch the stick a forfeit is paid. If he catches the stick, he becomes "It" and the game is continued.

PEBBLE TAG (arms and hands)

Age 8-14

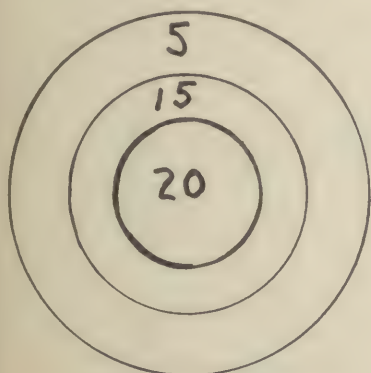
"It" has a pebble which he holds between the palms of his hands so that the players cannot see it. The other players form a close circle around him and cup their hands ready to receive the pebble. "It" pulls his hands through each player's hands and actually gives the pebble to one of them. Neither betrays this action, however.

The player with the pebble must run a definite pre-planned course and must return the pebble to "It", while the others chase him. This player watches his chance to slip away to get a head start. He may run any time but must run after "It" has been to the last player in the circle.

The players must follow the definite course in chasing. If the player returns the pebble to "It" before he is tagged, he becomes "It". If the player is tagged, the tagger becomes "It".

MONEY SPIN (Arm and hand)

Age 8-14



A target of three concentric circles about two, four, and eight inches in diameter is placed on cardboard then placed flat on a table. Eight inches from the target a piece of string is placed for a starting line.

The first player holds the fifty cent piece or checker upright with a finger on his left hand and spins the coin with the thumb and finger of the right hand. Where the coin rests determines the number of points scored. After each person has had several turns, the score is added up, and the person with the highest score wins.

MAKING BEANBAGS

Use any heavy, durable material about seven inches square. Sew three sides together. Fill with beans and sew top together. A seven inch bag takes about one-and-one-half pounds of dried beans. Different colors or patterns may be used for telling players of different teams.

BEANBAG BOXES (Arms and hands)

Age 8-12

Three pasteboard boxes of different sizes are needed. The three boxes are placed inside of each other so that the centers of the boxes coincide. Fasten them together. Then hand or tip them against the wall.

The player stands twelve feet from the boxes and is given a number of bean bags to throw at the boxes.

The score for the large box is five points, middle box ten, and the small box twenty. The player who reaches the score of one hundred first wins the game.

RING TOSS

Age 6-14

There are several ways of playing this game.

HORSESHOE RING TOSS (arm and hand)

A peg is nailed on a board six inches square and one inch thick. Place the board flat on the floor. The starting line should be about six feet from the board. Mason jar rings are tossed at the peg. Five points are scored for a ringer and three points for a leaner. Each player is allowed three rings a turn. The first person to reach the score of one hundred is the winner.

RINGERS

Three pegs are put on a board about twelve inches long, four inches wide, and an inch thick. The starting line is about six feet from the board. Only ringers are scored. The peg nearest the thrower counts two points. The one in the center counts six points, and the other one counts fifteen points.

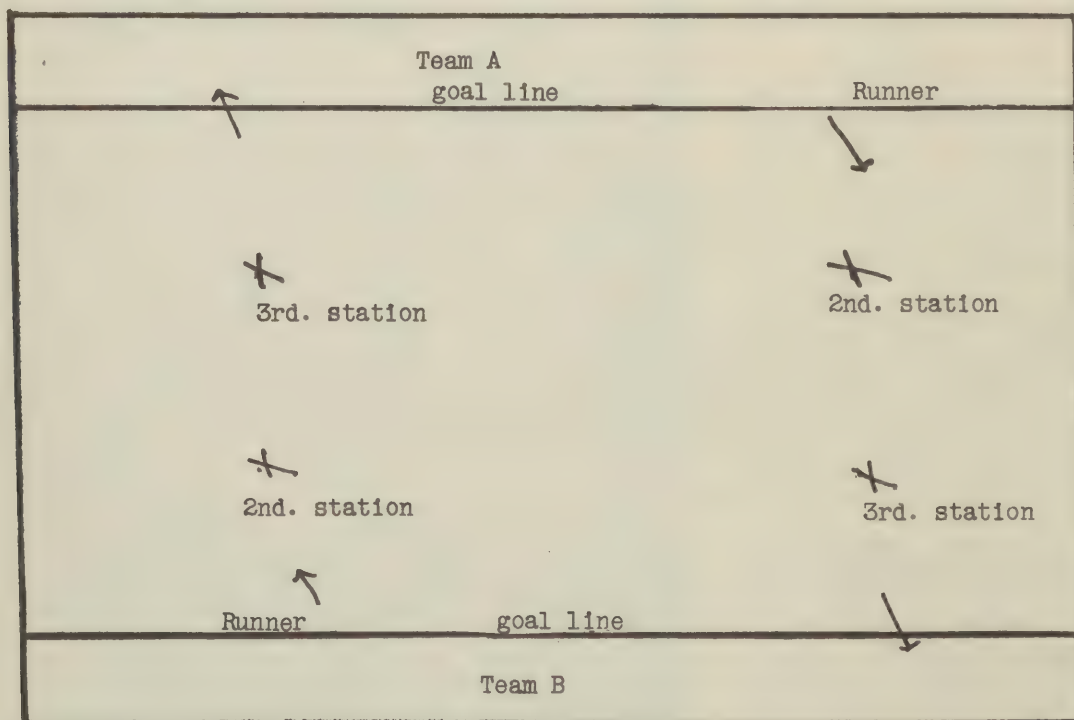
BOARD TOSS

A board with pegs nailed on it is suspended from a wall. Each player is given three or more rings to pitch at the board. The person to reach the score of one hundred points first is the winner. The starting line should be eight feet from the board.

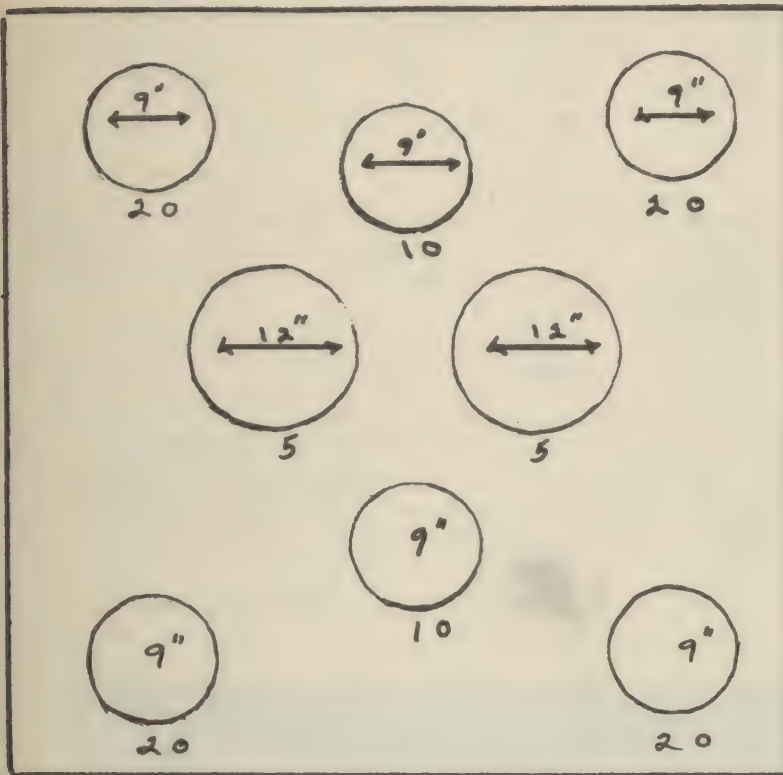
BALANCING BEANBAGS (posture and arm control)

Age 8-14

The players are divided into teams of four players each. One player on each team is chosen as runner; one player takes his place on the starting goal, the other two at "stations" between the two goals.



The second goal is preferably something to walk around. Each runner takes his place on his goal and the member of his team who is on the goal places a bean bag on the runner's head. When the runner reaches the second station, the player there places a bean bag on the outstretched palm of his right hand. At the third station, he receives a bag on his left hand. He goes to the second goal and tags it and returns to the third station where the bean bag is removed from his left hand; at the second station the bag is removed from his right head. The first runner to have his "head bag" removed is the winner. The game is repeated with players changing places. If any player drops a bean bag it must be replaced by the goal keeper.



BEANBAG THROW

(Arm and hand)

Age 9-13

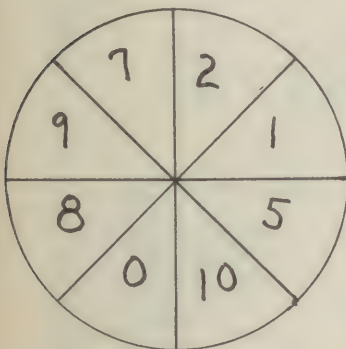
A bean bag board is needed for this game. It can be made from an end of a packing box or a sheet of wall board is much better.

After the holes are cut out, nail the board to a one inch square strip wooden frame.

The bean bags used for this game should be about three inches square. Each player throws five bags.

The player scores the amount marked under the hole, upon throwing a bag through the hole. The first person to reach the score of two hundred wins the game.

If there are enough players you can divide them into teams, and the first team to get one thousand wins the game.



I STOP JUST SO (leg, arm, hand)

Age 6-12

Each player in turn is blindfolded and given a pointer. He is then placed in the inner circle. As he walks around he says,

"Tick tack toe
Around I go,
When I stop
I stop just so."

When he says "so" he touches the ground or floor with the end of his pointer and the number he touches is his score. The player with the highest score after each child has had several trials is the winner.

FOX AND SQUIRREL (arm and hand)

Age 6-12

Two bean bags are used to represent the fox and squirrel. The players are seated in two lines facing each other. The first player on one side starts the squirrel first by throwing the bean bag to the first player on the opposite side; then back to the second player of the first line; then to the second player of the second line, etc.

The fox, or second bag, is started immediately after the squirrel, and it should overtake the first bag before it reaches the last player.

SECTION IV BED CRAFTS

BUTTON MAKING

You can make very attractive buttons from semi-transparent little "butter shells."

Materials needed:

- A small amount of plaster of Paris
- Small nails .
- Shellac
- Shells

Make two dots in the inside of each shell for the holes. Pound the small nails very gently into the dots. Once the nail has made a start, it can be pushed in by hand. Put the shells on a piece of cardboard, pushing the nails through the shell and cardboard alike, with the point of the nails straight up, to hold it steady.

Mix a few tablespoons of plaster of Paris with enough water to make it the consistency of thick cream. Pour the plaster into each upturned shell, trying to keep it even with the edges. Since the plaster hardens very quickly, you have to work as fast as possible. When it is practically dry, remove the nails and scrape the top until it is perfectly flat and free of projecting pieces of plaster. Replace the nails and let the plaster dry thoroughly.

When you are certain it is dry, tap each shell gently on the back so the plaster will fall out. Put a drop of glue in the shell and press the plaster mold carefully back in the shell. Then shellac the shell and the back of the mold. If you desire, you may paint the shell with a vivid coat of lacquer or enamel.

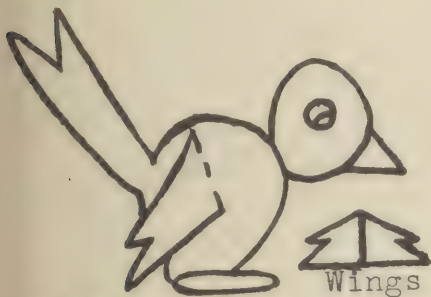
These buttons can be used on clothing and, as a suggestion, use bright colored thread to sew them on.



Paper "Stand-Ups"



Variations of the Basic Pattern. After a few animals on the basic pattern, other ideas will come to you. Below are some variations which can be used in a number of ways.



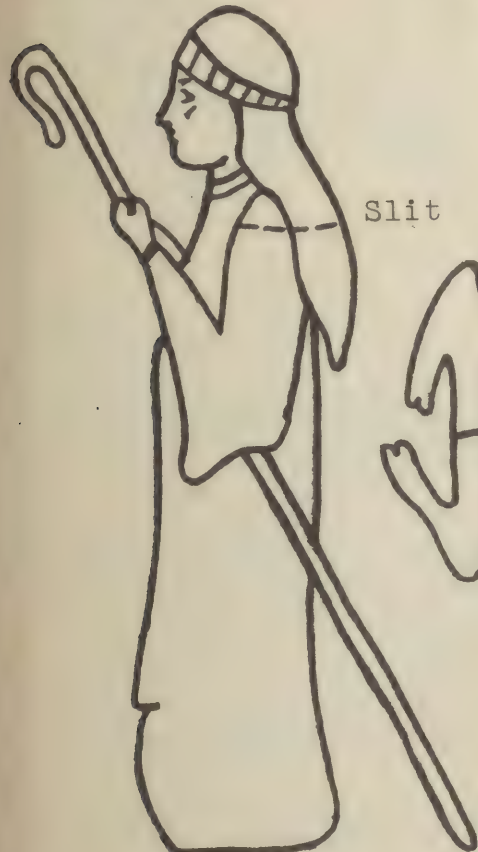
Fold foot over for base

Wings

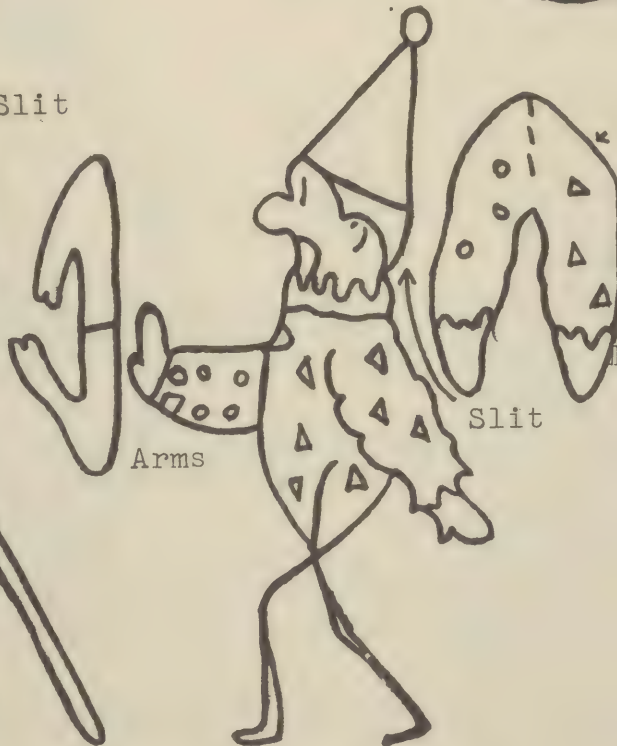


Slit

Cut arms, not legs
(Hoop acts as support)



Slit



Legs

Bend shoes

Slit

Arms

The basic patterns for these "standups" are from a bulletin issued by the Department of Public Playgrounds and Recreation of Reading, Pennsylvania.
(with permission)

PAPER "STANDUPS"

The paper "standups" are very good for children in bed. They can be used to portray a scene or character from stories or for place cards for parties, or when a theme is used for any occasion.

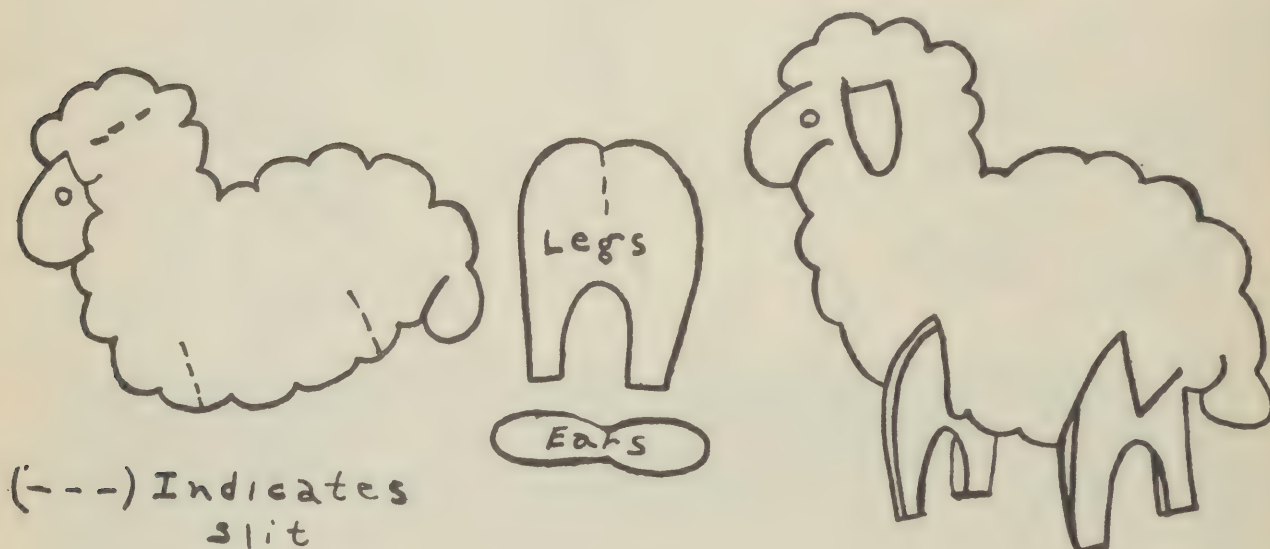
There is much scope for ingenuity in devising new ways of attaching legs and arms, in cutting out new animals and characters in this paper craft activity. Encourage original and neat work.

Materials:

Paper. Use light cardboard, Manila Tag, or heavy paper. Colored paper is convenient in that animals can be made in their own color.

Colors. If colored paper is not used, the articles must be colored with crayons or water colors.

Pattern. Follow the diagrams below in making an animal. Cut first a body, then legs of the proper length, and finally ears. Make slits where indicated. The slit in the legs may have to be widened if thick cardboard is used. Put the parts together as indicated.



Taken from the Recreation Bulletin Service with permission.

A TREE CROSS-SECTION DISPLAY

The preparation of a tree cross-section for display provides an interesting and worthwhile activity for a bed patient. Such a project combines handicraft activity with nature lore and should result in increased interest in the trees of the local areas.

1. Securing the Cross-Section

The park department may help in securing the wood as trees are often cut for various reasons. Lumber yards and wood yards are often glad to help in securing the section.

2. Type of Cross-Section to Choose

(a) Try to get trunk section from as old a tree as possible. Many of our trees are hundreds of years old. Be sure that the wood is solid to the center.

(b) Get a section four to twelve inches thick and ten to thirty inches or more in diameter.

(c) Select wood that shows rings clearly. Oaks, pines, and maples are usually satisfactory. It is often difficult to count the rings on cottonwoods and willows because they

usually grow near water and may not show the variations of growth resulting from variations in rainfall. The most desirable cross-section is one from a local tree, preferably a tree that has grown in a dry woodland or hillside.

(d) A cross-section that shows injuries, knots, work of insects, and the like is more interesting than one that is perfectly regular.

(e) Choose a section from a tree the year of the cutting of which is known, so that you may be able to date each ring accurately.

3. Materials Needed

- (a) Tree cross-section
- (b) Rough and fine sandpaper
- (c) Clear shellac and brush
- (d) India ink and lettering pen

4. Preparation of the Display

(a) Sandpaper the cross-section until it is perfectly smooth.

(b) Either (1) letter the interesting facts directly on the wood, or (2) put them on cards that are pinned to the wood, or (3) set cards bearing these facts at the side of the wood and run strings from them to the spots described.

(c) Shellac the finished section.

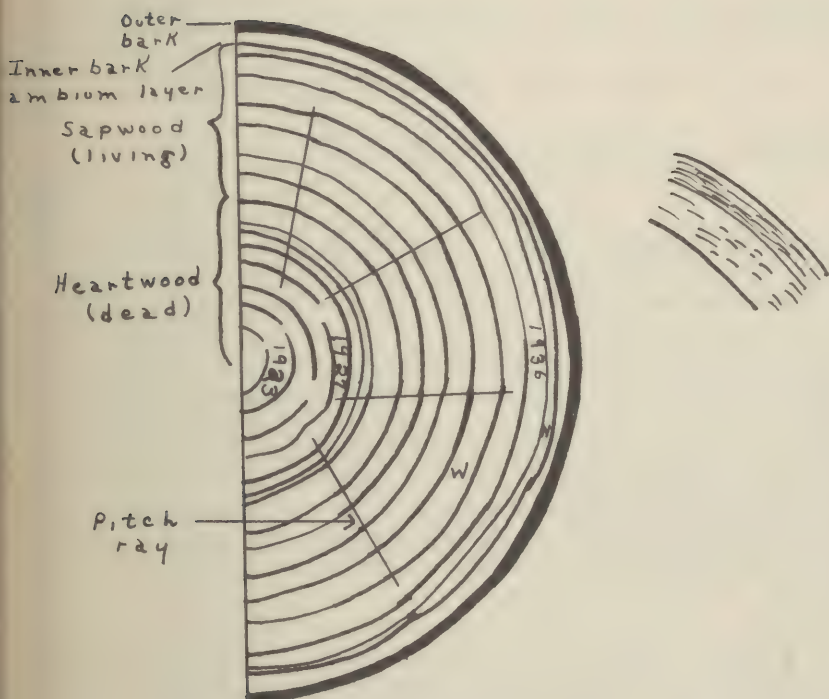
(d) Set up for display on a table or prepare a special base.

5. Suggestions for Interpreting and Labeling the Cross-Section

(a) Count the rings, beginning with the outside ring, which is the most recent year's growth. Mark ten-year intervals and indicate the date of the first year's growth.

(b) Indicate the following:

Outer bark	Sapwood
Inner bark	Heartwood
Cambium layer	Pith rays (if readily seen)



Cross-Section of Tree Trunk
(only half is shown)

(c) Look for wide rings and narrow rings and try to determine the reason for variations in width. A rainfall record by years, which can often be secured from your local newspaper, will prove enlightening in explaining the varying width of the rings.

(d) Decide which side of the tree received the greatest amount of sunlight. Wider growth occurs on the sunnier side of the tree.

(e) Look for evidence of branches, work of insects, decay, fire, and other injuries. Try to determine the cause of all deformations you see in the rings. Do not be afraid to speculate on probable causes.

(f) It is often interesting to indicate certain local events on the tree time-line. Indicate the size of the tree at the time of interesting events, such as the founding of a playground, the establishment of a park, visits by prominent people, the founding of a city, or early events in history as wars, treaties, discoveries, etc.

Section of an Annual Ring An annual ring is usually a well-defined layer of light and dark wood; one season's growth. Lighter and more porous part is spring wood. Darker part is summer wood. Color of ring parts varies with different kinds of trees.

Outer Bark protects the tree from injuries.

Inner Bark carries prepared food from leaves to all growing parts of the tree.

Cambium Layer (Microscopic) builds new cells of wood and bark.

Sapwood carries sap from roots to leaves. Wood is of different color from the heartwood.

Heartwood is dead wood that gives the tree strength.

Pith Rays connect the various layers from pith to bark for storage and transference of food.

N or Narrow rings indicate period of unfavorable growth. A severe drought will leave its effect as a narrow ring. Bands of narrow rings near the center probably indicate growth during early years in close association with other trees or in shade of larger trees.

W or Wide rings indicate favorable years of growth. Rainfall is usually the most important factor.

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SPATTER PRINTS

Spatter printing may be used as an approach to nature or as a special project in the nature program. It is by no means all of a nature program, but it is fun and has a nature element which can be stressed by the leader. It can also be correlated with a number of activities in the program other than handcraft. Spatter prints can be made by young and old and are quite inexpensive.

Materials - To make spatter prints you will need:

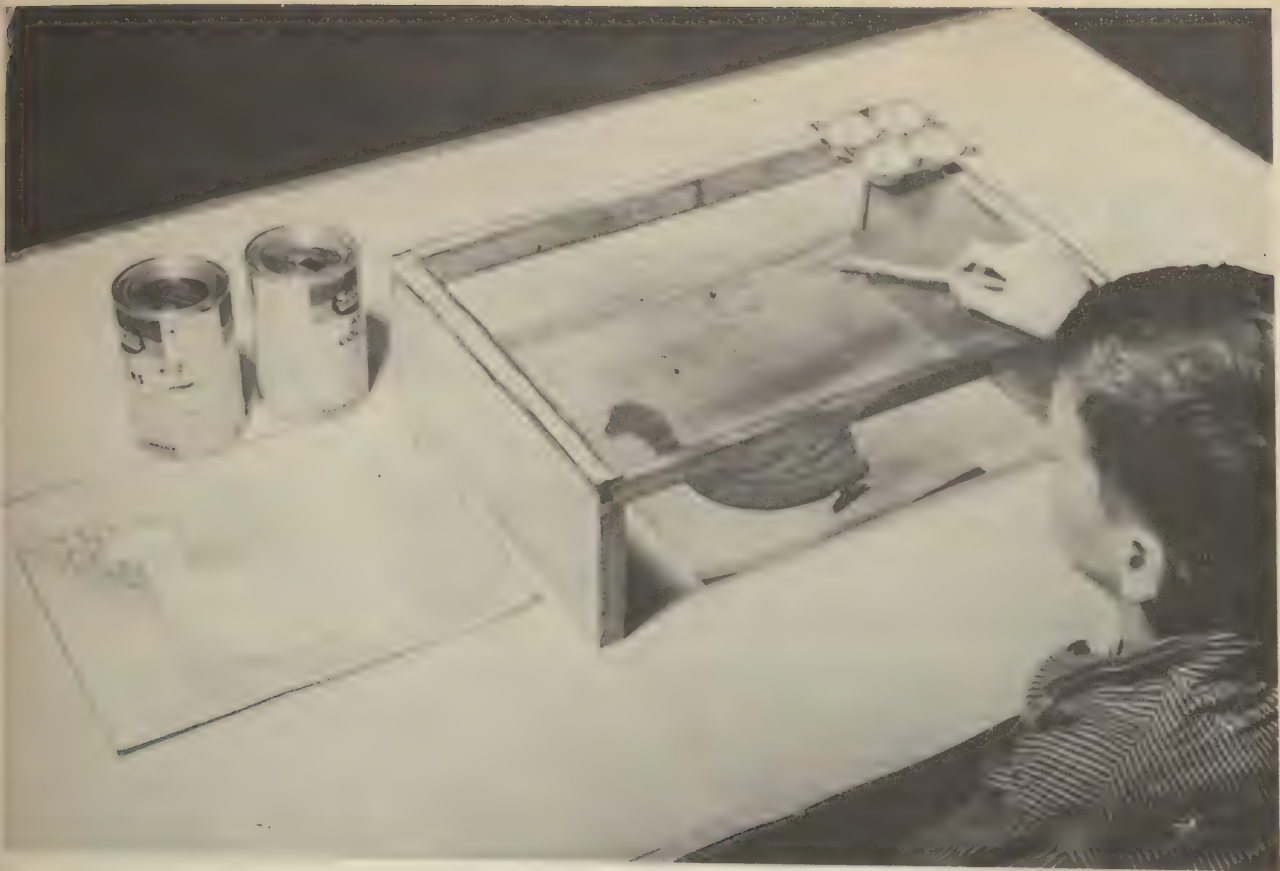
1. Leaves, flowers, or sprays of leaves and flowers. (These are generally pressed in a magazine), also animal patterns for scrap books or patterns to make Christmas cards, valentines, etc., can be used.
2. Old discarded toothbrushes which have been boiled or disinfected. (Collect a good many.)
3. Squares of window screen (preferably the rustless, copper kind) 4" x 4". (The hardware store may give you "remnants.")
4. Bottle of poster or showcard color or a "thin cream" mixture of cold water paints (powder) such as Dekatint.
5. Sheets of paper cut in various sizes. (Typing paper is excellent.)

Method:

Having selected a pattern, the spatterer chooses a piece of paper on which it will fit and look well. (A small pattern requires only a small paper.) He now lays the paper on the cardboard, arranges the pattern artistically on the paper, and places the screen frame above it. He picks up a toothbrush and dips it into the paint, holding on to the cup with the other hand to steady it, while he rubs off excess paint on the inside of the cup. If he rubs across the rim, paint will spatter across the table and perhaps on his own clothes. Then he brushes back and forth across the screen with the toothbrush. Fine speckles of paint drop through, and, as the spatterer moves the brush over the screen, the background becomes thickly and evenly spattered. A number of trips to the paint pot will be necessary. When the print is as dark as he wishes; he removes the screen and brush, and after waiting a moment for the paint drops to dry, picks the pattern up carefully and lays it near the center of the table. (It may be used again when dry.) The print is finished. He initials his print, places it somewhere to dry more thoroughly, and makes another.

Tricks of trade:

If the paint quickly and thickly fills the squares of the screen when you rub with the toothbrush, there is too much paint on the brush. It will collect on the screen and fall in great drops on the paper. Fine specks are what you want. To get rid of excess paint on the screen, lay it on a newspaper near the center of the table and rub with the brush. The



Spatter Printing

excess paint will soak into the newspaper. Rub the brush here, too, if necessary.

Use delicate leaves and ferns and flowers with interestingly margined leaves. They are more effective than large maple or similar leaves which leave great white spaces on the paper because of their size.

If the plant is unpressed or does not lie flat, use pins to hold it down, placing them straight up in the stem or veins--straight up so that you do not have the form of a pin in the finished spatter. The cardboard will keep the pins from scarring the table top. The holes can be removed after the print is dry by rubbing the finger nail on the back and flattening out the torn edges of the pin holes.

Keep all clean paper on another table in order to escape the danger of it being spattered.

Patterns may be used again and again (being allowed to dry after each use) and be put away in a magazine to be used again.

Be careful not to let the screen corner or fingers move the plant for once the plant is moved, no more spattering can be done and it is apt to smear the paint in moving.

Turn the cardboard over after each print so that any spatters on its margins will have a chance to dry and not smudge the next clean paper put on it.

Variations

1. Use several colors, one after the other, but use a different brush and screen for each. It is well to let one color dry before introducing a new one.

2. Lay a piece of screen flat on the pattern. With another screen spatter in the manner previously described. When the print is done it will have a finely checkered background because of the screen on the pattern.

3. Place a little rectangle of paper near the pattern before spattering. When this is removed (with the pattern), a white space is left for writing in the maker's name or that of the plant.

4. Do not spatter the whole evenly. If one side is made a little lighter or the spatter "fades out" in spots, the background is more interesting.

5. Do not always use pressed plants. A spray in which all parts do not quite touch gives depth and shadowing that is very artistic.

6. Use different kinds of colors of paper and different colors of paint. Brown on white, white on green, are effective.

7. Mount the prints in a book on colored paper.

8. Paper cut-outs of animals, people, monograms, or conventional designs may be spattered.

Uses:

1. Nature Book. Make a spatter print collection of silhouettes of leaves or flowers, labeling each and mounting in a book.

2. Stationery. Spatter a tiny fern or spray on the corner of your stationery, covering the "writing part" with another piece of paper so it will not be spattered upon. These can be as effective and dainty as a monogram.

3. Christmas cards. Lay a spray of Christmas green on a green piece of paper. Cut out "Merry Christmas" in silhouette or buy at the five and ten cent store one of the stickers already cut out saying "Merry Christmas." Pin these on. Spatter with white and you have a most attractive snowy card. Or if you have made a block print of a snowy scene, a light spatter of white over it gives the illusion of snow.

4. Figures. Of course any paper cut-out figures may be used for spattering. Gnomes and elves, Christmas trees, boats, initials, or conventional designs all may be spattered. Combine delicate ferns and grasses and elfin or fairy cut-outs on a cloth background, spatter in colored India ink and you have an effective bureau scarf, wall hanging, or pillow cover. Book covers, too, may be effectively spattered.

5. For Christmas gifts make spatter prints and mount and paste a calendar at the bottom. Sprays of pepper berries, eucalyptus leaves, and delicate ferns make effective calendar panels.

6. Cut out conventional designs in paper based on the leaves and flowers you see. Spatter these in ink as designs for a border on a table cloth or dresser scarf.

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STORY TELLING

If you have a child who is a bed patient you will constantly hear "Please tell me a story." You will want to be a good "story teller" but perhaps you don't know how to go about it. Here are a few suggestions and after you have made use of them several times, you will have them as "tools" to use in telling stories.

I. Choose the story carefully

- A. It must have vivid dramatic action.
- B. There should be little or no explanation.
- C. Description should be brief and colorful.
- D. The story must be one which you yourself love.

II. If at all possible, spend several days in making the story your own.

- A. Never try to memorize it.
- B. Read it carefully several times, familiarizing yourself with particularly apt phrasing.
- C. Think the story through, telling it to yourself.
- D. Re-read, to strengthen weak spots.
- E. If it seems to help you, tell the story aloud to an imaginary audience.

III. Three things largely determine the impression you make upon your audience.

A. You must be heard, but your voice must also be pleasing.

1. Do not shout.
2. Keep your voice at its natural pitch.
3. Give your voice power by diaphragm breathing.
4. Enunciate clearly.

B. Forget yourself; think only of the story and the audience.

C. Make the people share your pleasure in the story.

1. Watch their faces to discover the attitude you are arousing.
2. As far as possible, fit the story to the audience, making at the moment minor changes which do not affect the point, if they seem necessary to make it more appealing.
3. Win back the interest of anyone who is inattentive by talking directly to him for a moment.
4. When you reach the climax -- stop.

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RUGS AND MATS FROM THE SCRAP BAG

Braided Mats or Rugs

Cut the scrap material (old or new) into strips one to two inches wide and as long as possible. Sew some of the pieces end to end to form a fairly long strip. Make three of these strips and braid them. When you come to the end, sew other pieces to the three ends, continuing in this fashion until you have a very long braid. Coil it loosely in mat form to see that you have enough to make a mat or rug the size you want. Mix the colors in haphazardly as you braid or work out a definite color pattern, as you choose. Both types of rugs are effective.

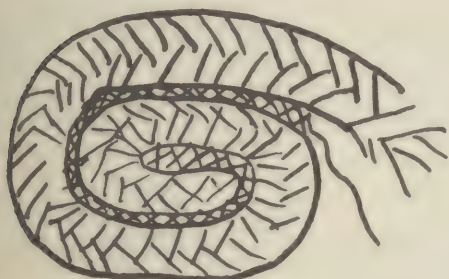


Figure I

Wind the braid as indicated in the diagram, sewing the coils together, working from the center out and tapering the end under the neighboring braid at the end. Sew the braids together with heavy thread as in figure 1. Use a cross stitch. By varying the length of the strip A-B before turning it back on itself, the longer or shorter the oval will be. If you coil it immediately, the rug will be circular.

Knotted Mats or Rugs

You will need a long piece of soft white string, either from a ball or made from short pieces tied together, and scrap bag for making knotted mats or rugs.

Cut the cloth into small pieces about four inches long and one-fourth to one and one-half inches wide. The widths need not all be identical, since variations do not show.

Fold the string to make a double strand. Now tie a simple overhand knot in the double strand about two inches from the end as in figure 1. Hook the loop over a nail or drawer handle.

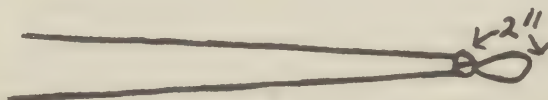
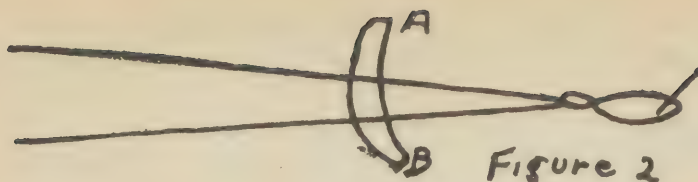
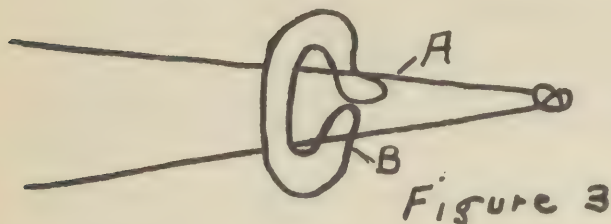


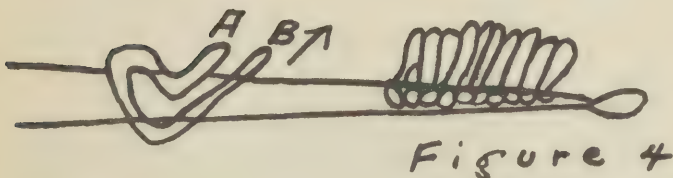
Figure 1



Lay a strip of cloth over the string near the knot as in figure 2.



The ends of the cloth A and B are folded under the string and are brought up together between the two strands with the ends toward the knot as in figure 3.



Hold the two ends of the cloth in one hand and the double strand of string in the other. Then pull the cloth tightly up to the knot as in figure 4. The result will be strips of cloth wrapped on the string, the loose ends up, fringe-like.

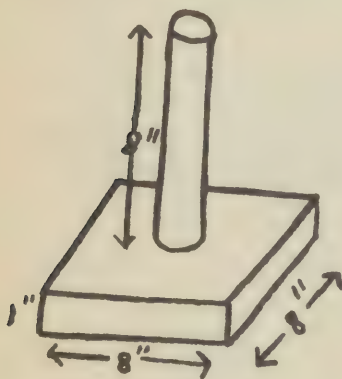
Make quite a length of this before coiling it to form a rug or mat. Sew the coils together, use a cross stitch on the bottom, making the rug oval or circular as you wish. When you have sewn the coils together, finish the mat or rug by cutting the fringe to the length you want, as you would shear a sheep. Again the mixture of color and the final size are up to you.

HAND PUPPETS

You don't need to be very old or very young to make and enjoy hand puppets. Nor do you need expensive equipment. A few newspapers, a bit of clay that can be used over and over again, water colors, paste, and shellac are the chief ingredients, with a few square inches of cloth for a costume. Here is one of the most satisfactory ways they can be made.

The Armature

Make an armature by nailing an upright rounded stick, a little larger in diameter than the forefinger, on a wooden block. Make the dimensions approximately as those indicated in the diagram. (Older children or adults who can handle the head gently do not need an armature.)

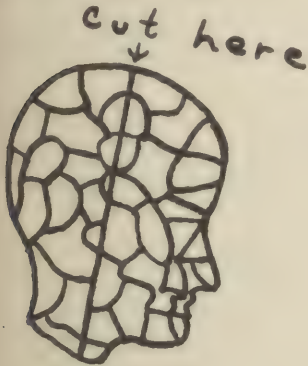


Modeling the Head. Place a ball of plasticene or clay about the size of your fist on the upright. Mold the head, accentuating the features, but not concerning yourself with minute details, for distance and footlights make these invisible anyway. Over-emphasize nose, chin, mouth, cheeks, and eyes. Look well at your own or someone else's face to see normal proportions and place of features. You will find that the eyes are half-way from chin to the top of the head, nose half-way between eyes and chin, and mouth one-third of the way from nose to chin. Characterization is achieved by overemphasizing some features or changing their normal position. Model on hair if you care to, and model a neck an inch or inch and a half long.

Applying Paper Mache. Grease the finished head with vaseline or any other grease. Lay over it a wet paper napkin or face tissue, pressing it gently against the model so that it fits "skin tight" all over. Now take newspapers or paper towels and tear them into strips a quarter of an inch wide and two or three inches long, or tear them into half-inch squares. Do not cut them; torn edges will blend in better than cut ones.

Put a strip or piece of the paper into soft flour and water paste, library paste, or paper-hanger's paste (about 15¢ a pound) and smear it on both sides until it is thoroughly wet. Place it anywhere on the head or neck. Add other pieces, overlapping them until the head is completely covered. Press each piece gently against the head so that it follows the contour of features on the head. Apply three more layers in this fashion. If you are using newspapers, a first layer of ordinary news pages, a second of comic pages, a third of news pages and a fourth of comic pages will help you keep track of the layers. In the case of paper toweling, a light coat of water color paint will keep the layers distinct. Be careful this does not show through the last layer, the fifth, which in both cases is of paper toweling or newspaper margins, so the surface will be of a light color. Let the head dry for several days.

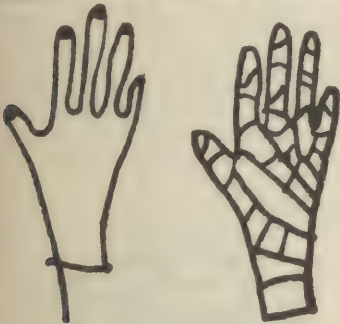
Removing the Head. When the paper is dry, take a sharp razor blade and cut the back half of the head from the front, through the ears, and pull it off. Put the two paper shells together and paste two layers of toweling (in small overlapping pieces) over the crack. This will hold the two halves together when they dry.



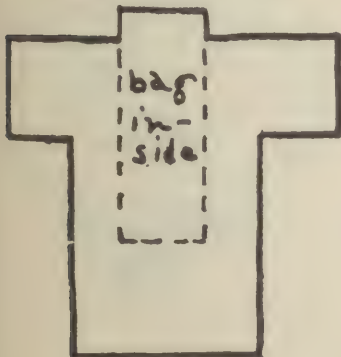
To finish the head, sandpaper it gently with fine sandpaper to remove the roughness due to overlapping strips. Paint on the "skin" using a stronger than ordinary flesh color, for stage lights will drain some of it out. Paint on the features boldly, using showcard colors or oil paints. Paint on the hair as you have modeled it. Shellac the whole with white shellac to make the head more durable and especially to protect water color paints. Fit a stiff paper cylinder into the neck if it is too large for the finger. Sew it to the neck.

Hair. If the hair is not painted on, make hair of cotton (for white hair), raveled rope, yarn, theatrical hair, fur or cloth, sewed or glued on.

Hands. The puppets' hand may be made in several ways, but basic to all are stiff paper cylinders about an inch and a half long, one to fit on the second finger and one to fit on the thumb. Cardboard cylinders in which candles come are very good. The hands are fastened to these.



Carve the hands of wood, gluing them in one end of the paper cylinders and fastening them in addition by tying the sleeves securely about the wrists. Or make them of thin wire (ten cent store) and bind them with white bias tape. The hands are made on a board in which brads are placed, as in the diagram. Wind the wire around them once or twice. Remove the wire and bind with tape. If you shellac the tape, it will not slip. Or cut the hands in the shape of a mitten in cloth and stuff them slightly or cut them from heavy felt. The stiffer hands are best if the puppet is to pick up and handle objects.

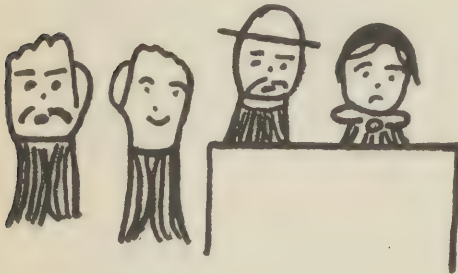


Dressing. Make a basic pattern, as in the diagram, for the puppet's clothes. The gown should be long enough to cover the arm six to eight inches below the wrist and be wide enough to admit the hand. Many people like to make a small rectangular bag stuffed with cotton to fasten to the front of the neck inside so that the last two fingers may grip it and give a firmer hold on the puppet.

Plays and Helps. The Association has two bibliographies which may be had for the writing, one on Hand Puppets and one on Marionettes. Recreation Bulletin Service issued by the National Recreation Association, 315 Fourth Avenue, New York.

FUN WITH HAND PUPPETS

Hand Puppets. To make this simple kind of hand puppet, draw a face on the back of your hand, using ink from your pen, lipstick, and pencil or eyebrow pencil. Any of these may be used alone if necessary. Tie a handkerchief or scarf over the hand to make a cap or bonnet. Hold



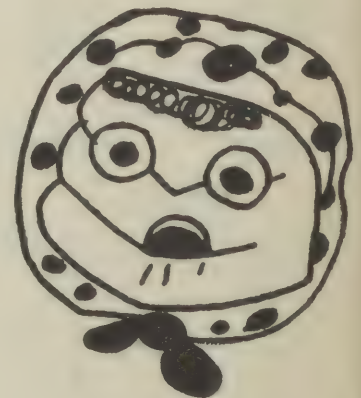
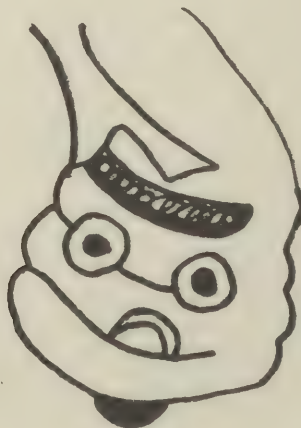
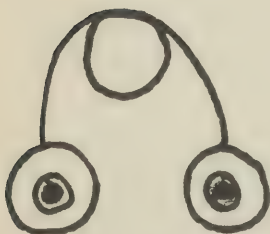
your forearms vertically in front of your body, backs of the hands toward the audience. Ask two people to hold a sheet, scarf, or coat in front of you at the level of the top of your head as you sit in a chair. If no such screen can be managed, sit at a table and rest your elbows on it. You can make up several different types of wigs and caps to make various characters. You may want, for instance, a top hat and black hair for the hero and a blond wig and jaunty hat for the heroine. Yarn, felt, raveled rope, and cotton may be used for hair, and hats may be made from cloth, felt, or cardboard. Make up a few characters and take the "props" most likely to fit into the situation in your pocket in order to have them on hand in case you need them.

You will find that those puppets can nod their heads and move about as you move your arms and wrists. Carry on a dialogue with two of them, one made on the back of each hand. Local happenings, a poem, song or announcement, local personalities, and the occasion at hand will provide the framework for an impromptu skit.

The Arab. Draw the face of an Arab on the ball of the end joint of the index finger in ink or with eyebrow pencil. Now tie a knot in the corner of a white handkerchief, leaving as little tail as possible, for the knot is the turban of the Arab. Use a man's handkerchief. Place the knot on the finger tip and wrap the rest of the handkerchief around the hand in such a way that the thumb and the second finger are covered - all but the tips - and yet are free to serve as hands and arms. The remaining fingers will hold the robe in place.



Now hold the Arab up so he faces the audience and let him tell one of the Arabian Nights tales, sing an appropriate song ("The Sheik of Araby" and "The Desert Song") or recite a poem such as "Abou Ben Adham" by Leigh Hunt. You will find that the Arab is very versatile and, having hands, can pick up, carry and manage various objects much to the delight of the members of the audience.



Fist Puppets

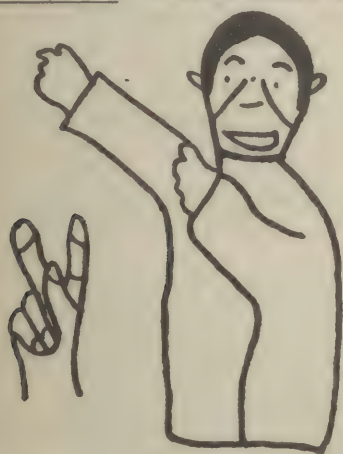
You will need a few "props" from other sources than your pocket for this kind of puppet, although you can carry its "ingredients" there very conveniently. Find two white buttons about a half inch in diameter and paint blue, black, or brown pupils on them to make two eyes. Fasten them together with fairly stiff wire, as shown in the diagram, poking the wire through the holes. The shoe button type of button (with a metal loop on the back and no holes) is best, if you can find any. If there is a broken doll about, you may use its eyes if they are the right size, or you may find a doll hospital or repair shop which will sell a pair or two. You will need a handkerchief or scarf, and a wad of cotton for white hair and a wool or horse-hair mattress stuffing for other colors of hair to complete the puppet. Assemble the puppet in the following way:

Close the hand; turn it so that the little finger is up, the thumb is nearest the floor and the middle knuckles of all fingers are pointed at the audience. Place the hair wad between the little finger and the next, the eyes between the next two, and stick the thumb tip up between the last two fingers to make a tongue. A red fingernail or a red rubber finger tip (often used by a stenographer when leafing through papers) will make the tongue more realistic. Wrap a handkerchief over the head. Various types and kinds of handkerchiefs, hats, and hair will vary the character of the puppet.

The puppet can be fed effectively with a spoon, can open and close its mouth, and stick out its tongue. Moving the wrist will make the puppet nod and shake its head. If you make two sets of eyes and hair and caps, you can carry on a dialogue using both hands.

Store Puppets. While these puppets are not exactly made from the contents of the pocket, other than from the quarter or less that they cost, they will fit easily into the pocket or purse. If you should chance to see one of the hand puppets, usually monkeys and dogs, often found on counters in department and ten cent stores, buy one or two. You will find them useable on many an occasion. Put one in your kit. These puppets have more possibilities for action and are more realistic than any of the other types described previously. Because of the mobility, this type, and the Arab which operates on the same principle, may be used in "Charlie McCarthy" or ventriloquist acts.

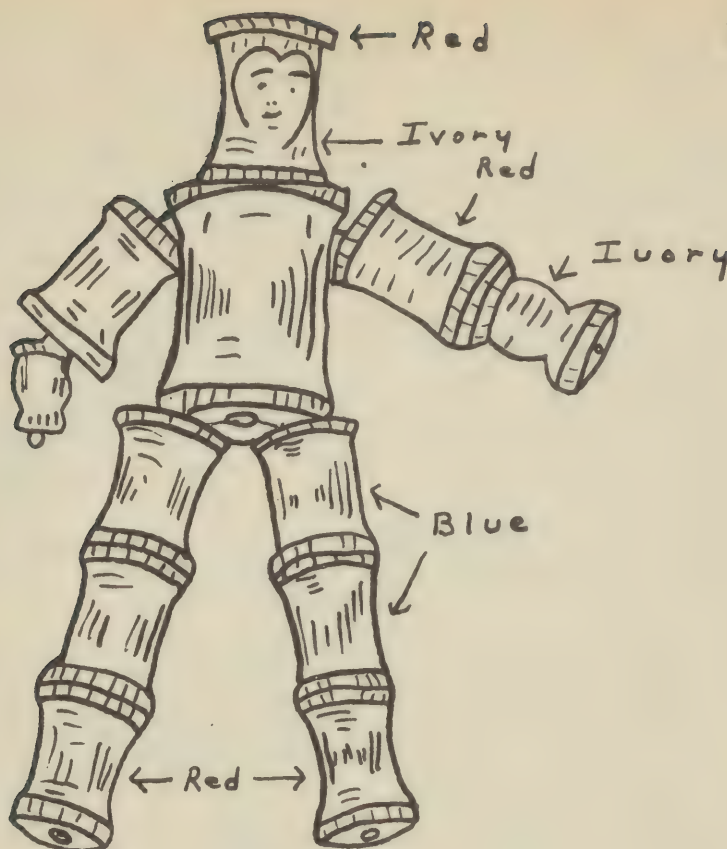
Taken from the Recreation Bulletin Service with permission.



SPOOL DOLL.

I. Materials Needed:

1. From eight to fourteen spools of varying sizes and shapes (a large basting spool may be used for the body, while a darning cotton spool can be used for the head. Use at least two matching spools for each arm and for each leg. Small darning silk spools may be used for hands).
2. Small size cans of quick drying lacquer paint in different colors, as Chinese red, Dutch blue, orange, yellow or ivory. The ten-cent store paints are satisfactory.
3. One small paint brush, as a camels' hair water color brush, or a small bristle brush. Tooth picks can be used to put in the eyes, mouth, etc.
4. Meat skewers, tinker toys, lollipop sticks, or any small sticks are used to put the spools on when painting. A small rod of any kind can support the spools while drying.
5. Round or very narrow rubber elastic may be used to string spools together for the doll. Cable cord or shoe laces also may be used.
6. Turpentine for cleaning brushes, a paint cloth, and an old magazine used to protect the table and for clean surfaces in painting.
7. Round pieces of leather, or inner tubing may be used to keep end of rubber cord from slipping through the spools.



II. Methods of Making:

1. Lay down spools and plan how to place them in order to secure the best proportions of the doll.
2. Remove paper from the ends and sandpaper any rough places.
3. Use a gimlet to bore a hole in the body spool about one third the length, through which hole the arms are attached by means of the rubber cord.
4. Give all spools a first coat of paint.
 - (a) Paint the head, body, and hand spools ivory, including the ends of the spools.
 - (b) Paint the arm spools red and leg spools blue, including the ends of the spools.
 - (c) Put spools on a rod to dry for several hours.

5. Give spools decorative coat of paint.

- (a) Mark on body spool a space which is left ivory color for the vest or leave body spool ivory. Cover remainder of this spool with the red for the coat.
- (b) Mark features lightly with a pencil. Touch in carefully with a toothpick, blue for eyes, two little red dots for nostrils, red for lips, and a little pink on the cheeks. Make the features delicate rather than heavy and grotesque.
- (c) Mark hair line lightly with pencil. Paint the hair red.
- (d) Add a blue necktie and red buttons on the vest.
- (e) Paint the foot spools red one third of the way up.

6. Putting doll together

- (a) Put rubber cord through body spool and attach arm spools. Fasten the ends of the cord securely by means of a circle of leather or inner tube.
- (b) Use a piece of the rubber cord about 18 inches long. Double it and put both strands through the head and body, with single strands in the legs, using the circular pieces of leather or rubber tube to keep the knotted ends from slipping through the spools.

III. Variations:

Other attractive color combinations for dolls: Be sure that the colors are harmonious in any color choice made.

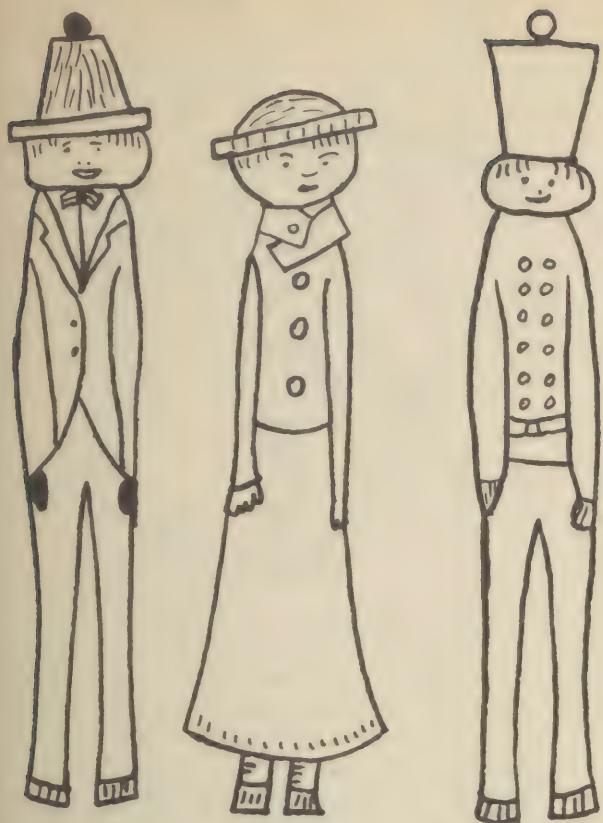
Apple green, orange and ivory

Rose pink, black and ivory

Henna, orange and ivory.

Taken from a pamphlet by Alma H. Jones, Iowa State College, Ames, Iowa, with permission.

CLOTHES PIN TWINS



made of a small cork (painted red) and a circle of paper or felt which are stuck on his head with a pin.

- (b) Sarah may have her features, hair, and feet painted as for James. An apple green blouse, orange hair and shoes would be nice. A piece of calico or flannel cut slightly circular makes a nice skirt for her. The skirt may have a touch of orange or green color. It is held on by a thumb tack in the back. A green painted button mold, or a circular piece of green felt or paper may be stuck on her head with a thumb tack for a hat.

Variations:

Grandmas in shaws, gentlemen in tail coats, farmers in overalls, policemen, and little girls in frilly dresses may be made to look just as different as real people do.

Pajama clothespin twins may be made by making pajamas from similar prints of calico or gingham, but in varying colors. Bias finishing tape, in harmonious colors may be used for the bodices, and for finishes on the pajamas.

Arms made of tongue depressors, painted, may be attached by a tiny wire put through the body.

TOBOGGAN DOLL

Materials:

One pair of Rockford socks, blue and white or red and white.
A few strands of embroidery floss, blue, black, and red for outlining the eyes, nose and mouth.
Cotton or kapok to stuff the doll.
One-third yard of cord or ribbon.

Method:

- 1. Outline features on the back of the white heel of sock No. 1, blue dots for eyes,

I. Materials

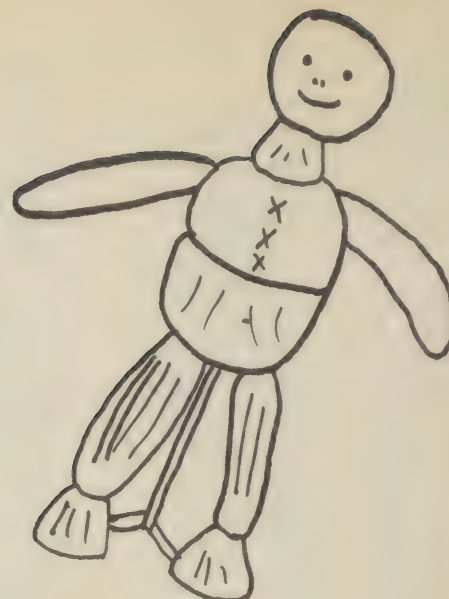
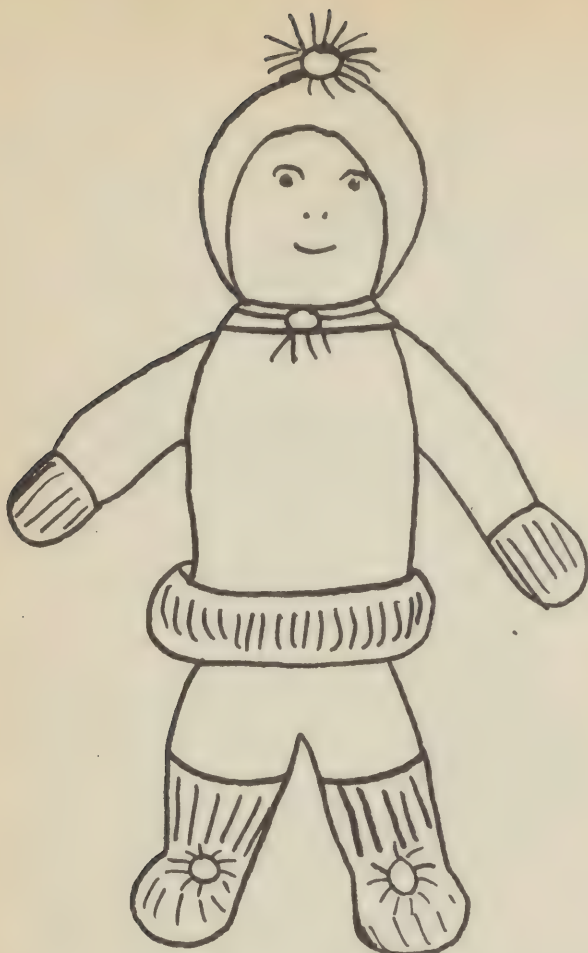
- 1. Two smooth clothespins.
- 2. Quick drying lacquer paint, as for the spool doll.
- 3. Knife or saw, and sandpaper.
- 4. Thumb tacks, and scraps of cloth or felt.

II. Method

- 1. From the bottom of each clothespin cut across the forks evenly with a knife or saw. Sandpaper the ends so that the dolls will stand.
- 2. Foundation coat of paint.
 - (a) Paint the clothespins ivory
- 3. Decorative coat of paint

Sketch lightly with a pencil to mark features, hair and the coat or blouse of James and Sarah. Use a toothpick or a fine brush and paint as directed in making the Spool Doll.

- (a) James, may have a blue coat, ivory trousers, and a red tie. Black may be used for his hair and for painting the ends of the legs for shoes. James' hat may be



CANDY MAN DOLL

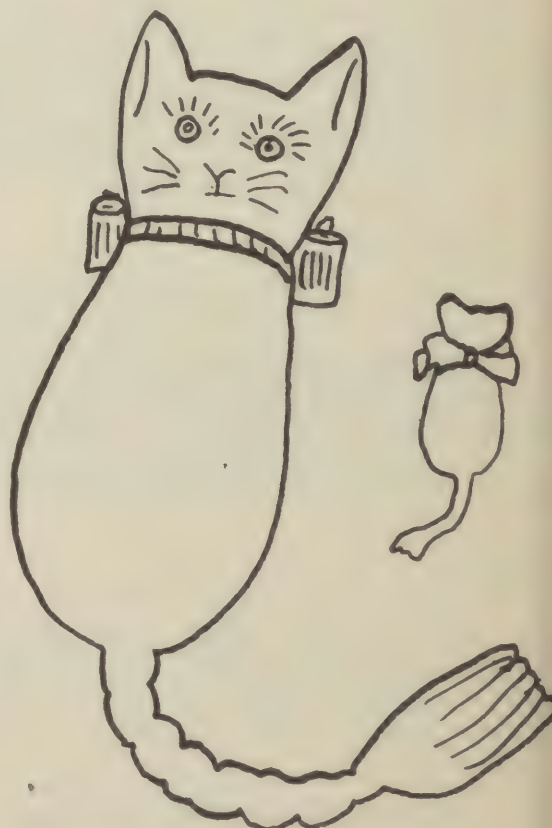
The "Candy Man" doll can be made by combining marshmallows, gum drops, and jelly beans as shown in the illustration. Cloves may be used for the buttons. The support is made from a bent and an upright toothpick inserted as indicated.

- black eye lashes, and red nostrils and lips.
2. Cut off the feet of both socks midway between the toes and the heels.
3. Slit the top of the second sock to make legs. Sew up the legs and stuff the doll body and head.
4. Fit sock No. 1 over No. 2, heels together. Sew to the ends of the cut toes to make the head.
5. Use one toe end for a toboggan cap. Use the other to make arms, cut appropriate size; arms are stuffed and sewed to the body.
6. Roll up the bottom of sock No. 1, sweater fashion.
7. Tie a cord or ribbon around the neck. A tassel made of yarn may be attached to the cap if desired.

PUSSY DOLL

Materials:

An old black stocking
A few strands of embroidery floss
Cotton or kapoc for filling
Ribbon or cord





Method: Cut the foot from the stocking. Shape the cut end to form the ears and head of the kitten. Embroider the eyes, nose, mouth, and whiskers. Sew up the doll and stuff, from the head down. Tie a ribbon or cord about the neck. Tie the end of the stocking in strands and braid to make pussy's tail.

CLOWN DOLL

The clown doll is made from a black sock. Use a white heeled sock, or an old light colored stocking for a head.

A vest is indicated by the outline stitch embroidery. French knots make the buttons.

Scraps of Roman stripe ribbon used for a collar and for a cap. The arms and legs are finished with yarn tassels.

Taken from a pamphlet by Alma H. Jones, Iowa State College, Ames, Iowa, with permission.

NOVELTIES FROM NUTS, SEEDS, OR WOOD

Walnuts, butternuts, pecans, peach seeds, prune seeds, beans from the honey locust, hickory nuts, and maple dowel sticks, all are the rough material out of which interesting buttons, tie slides, belt buckles, rings, beads, place card holders, nut cups, and other novelties can be made. There is no end to the combination and adaptations that can be made from all kinds of seeds and seed pods.

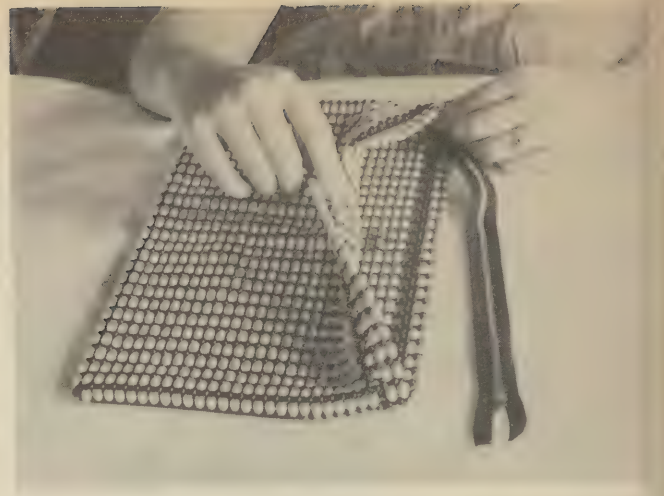
- (1) Buttons: The walnut or butternut or dowel stick is set in a vise and slotted transversely several times with a hacksaw or coping saw. Each nut will furnish three or more buttons of graduated size. After a dozen walnuts are sliced, the matching sets may be assembled for use on dresses or coats. The cross sections are then sanded and soaked in linseed oil for several hours. After removing from the oil, they may be dropped in sawdust to remove the oil or rubbed dry and polished. Half nuts with the inside filled with plastic wood and a small screw eye inserted for a loop for sewing on the button may be used.
- (2) Rings or Tie Slides or Place Card Holders: Rings may be made by slicing off one end of the nut and polishing it. The other end of the nut is cut lengthwise either side of the center up to within an eighth of an inch of the polished cross section. This excess material is then sawed away, and the inside of the ring proper filed out. It is necessary to file smooth the rough edges of the nut, soak it in oil, and polish as described above. This same process will produce a place card holder if a slit is made through the ring part, and the holder may be set on the cross section.

SUGGESTIONS FOR OTHER BED CRAFTS

- (1) Bead work--purses, bracelets, necklaces. (Beads and instructions can be had by writing Walco Bead Company, New York.)
- (2) Cork bracelet and necklace. Paint cork bright colors and string them or cut cork into different shapes (animals) and string them.



Starting Beaded Purse

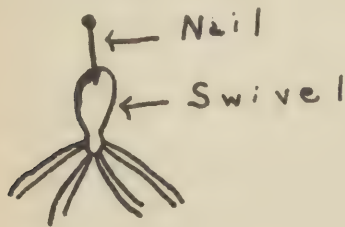


Finished Beaded Purse

- (3) Corn bracelet and necklace. Shellac corn and string on bright colored thread or leather strips.
- (4) Cranberry dolls or animals. String cranberries on string or use tooth picks to make the animals stand up.

ROUND BRAIDING

You can use round braiding in making strong cords for lanyards, dog leashes, colorful bracelets, belts, pony bridles, etc.



over two
under one

1. Four strand with two colors of thongs.

a. Diamond - Pattern Lanyard

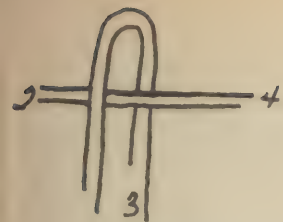
Two thongs of contrasting colors each three and one-half yards long are passed through the ring of a swivel and pulled to their middle point. The swivel is nailed to a bench pin or held taut in some other way. The two ends of each color are held wrong side up if there is a wrong and right side--one color between the thumb and forefinger of the right hand and one similarly in the left hand. The outermost strand of one color--say the dark strand is passed across its companion strand and the innermost of the contrasting color strands, around the back of this light strand and placed alongside and inside its companion strand; i.e. "over two and under one."

This same process is repeated from the opposite side and alternating sides thereafter. The moving strand must turn as it starts over the "two" other strands and as it passes around and under the "one" strand. The strand over which it passes is held straight and taught.

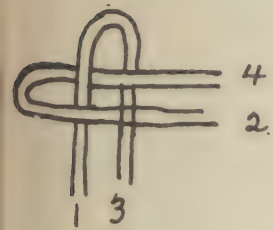
b. Spiral pattern if the colors are alternated, dark, light, dark, light, a spiral pattern will result.

Square Braiding with Four Strands

The square braid is a solid braid made by piling one crown knot upon another. The crown knot is a knot where each strand is held under a loop of its neighbor strand. This braid may be used as a slide, or as a decorative variation in lanyard made of four strand round braiding. Two double length strands are crossed at their center points to make four strands, at right angles to each other. Strand 1 is looped back and laid just to the left of strand 3. Strand 2 is looped over to cross the strands 1 and 3 and lie parallel to 4.



Strand 3 folds back over 2 and 4. Strand 4 folds back over strand 3 and is slipped under the loop first made by strand 1. All four ends are tightened evenly and the knots are repeated. After the first knot has been made to loop back directly over themselves; i.e. strand 1 laid back over itself, 2, 3, 4, in like manner with 4 slipping under the first loop made by strand 1.



If the strands are folded back diagonally; i.e. #1 to fold back between 4 and 3; 4 between 3 and 2; 3 between 2 and 1 and 2 to slip under the loop first made by 1 and to lie between 1 and 4, an eight sided or nearly round braid is made.

These square braids can be joined together to make a bracelet so that it is difficult to tell where the braid started or ended if the course of each strand is carefully followed in making the junction.

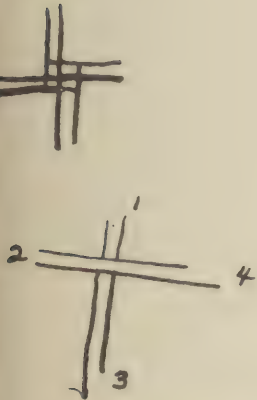
LINOLEUM BLOCK PRINTING

Scraps of deck linoleum - a very heavy grade of linoleum can generally be had for the asking from furniture stores.

These can be cut with a heavy paper cutter into two, three, and four inch squares or 2" x 3" x 4" rectangles. It is easier to work with fairly small blocks at first.

Cover the block with whiting - or a thin coat of white poster paint. When dry, cut a piece of carbon paper the size of the linoleum. Lay sensitive side on block. Lay pattern over carbon paper and fasten both to linoleum with thumb tacks. With a sharp pencil or stylus trace design.

Remove paper and cut the outline with a speedball linoleum block cutter, using the smallest liner for the first cutting.



Cutting Linoleum Block



Print on Curtains

On the flat surfaces trace the design and use as any other block.

3. Inner tube block

Cut out the design from an old inner tube. Glue this on to a wooden block of proper size. Use this as any other block.

B. Printing the block

Speedball-oil ink or any other good printers ink may be procured in six colors and black and white. It comes in tubes, half-pound, or pound jars. Put a small quantity of ink on a glass or hard non-porous surface. Work a drop or two of turpentine into the ink with a small spatula. Using a good roller, small bottle can be used, roll it over the ink until an even covering appears on the roller. Roll this over the block until the ink seems evenly spread over the block.

Have the space on material to be printed marked and laid over the press. Carefully place the block at previous markings and apply pressure. Remove block carefully. If a press is not available, cover a drawing board or other smooth surface with several layers of cloth. Put material and block on this. Pound the block with a wooden mallet, tapping strongly on all four corners and across center portions. For children the stamping pads in black, red, blue, or green make a practical method of stamping designs on paper, cardboard, or cloth. These pads may be procured from the ten-cent store.

STARCH PAPER

This activity is especially good for spastic children.

Make a starch paste by mixing starch in cold water till dissolved and then pouring in slowly hot water and cooking till a clear paste results. Two tablespoons of paste dissolved in a half cup of water will make about a quart of paste. When the paste is cooled, it is ready for use.

Get several colors (primary colors) of poster paint. Any water soluble paint can be used. Medium weight brown wrapping paper serves well for the background for starch paper. Tear strips of wrapping paper about a yard long for each person, or let each person tear off for

If the background is to be removed, use the broader knife, cutting away from the design, rather than toward it, so as to prevent chipping its edges.

A. Substitutes for linoleum in block printing.

1. Potato block

Cut an average sized potato in half. On the cut side mark with a carbon, as on the white side of the linoleum block, the design to be cut out. Using an ordinary paring or other whittling knife, cut out the design, observing all precautions necessary with the linoleum block; i.e., seeing that edges of designs are not chipped, that design on the block is reverse of desired print.

2. Cork block

Get various sizes of cork

himself the amount of paper he needs, always allowing a generous piece to allow for irregularity along the edges.

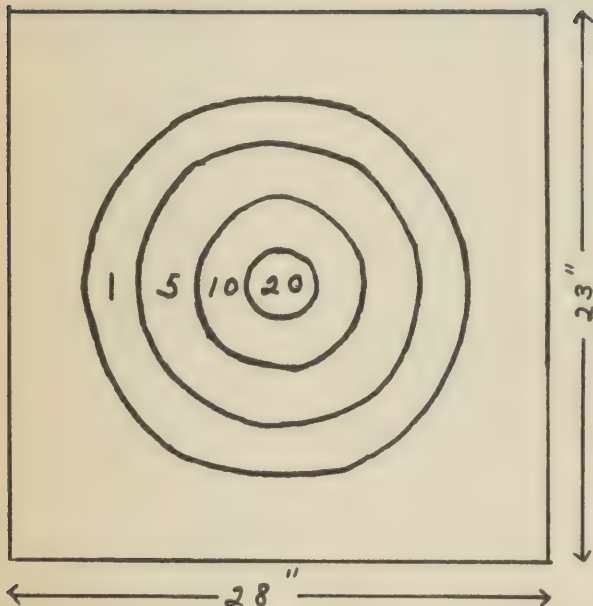
With a soft one-inch or two-inch brush, paint a thin coating of starch paste over the paper. With another brush, allowing a brush for each color, paint a strip of color down the length of the paper or across the paper. Alternate with paint of another color. Repeat the first color, etc., until the paper is covered. With another brush, run a zigzag line down between the colors mixing them as you go. Instead of a brush, a cardboard cut in the shape of a pronged fork can be used for mixing the colors. All sorts of designs can be procured in this way. Experiment until you find a design that fits your needs.

Spread the decorated paper on the floor or a table to dry. If one has large sheets of old blotting paper to lay down first, the paper may dry more quickly on them. When dry use a paper cutting machine to square up the paper. Starch paper can be used for notebook corners or as pictures to hang on the wall.

SECTION V SHOP CRAFTS

Games for Home play

DARTS



Method of Making Game

A board about twenty-eight inches to thirty-six inches square is used which may be finished with paint or varnish. The board may be of three ply lumber or wall-board, of "composition" type, depending on the hardness of board desired. On the board is marked a series of concentric circles, the first having a radius of one and one-half to two inches and the other circles about two inches apart, painted different colors. After the paint dries, paint the numbers to indicate the scores. The darts may be made of four-inch pieces of one-half inch doweling, shaped to fit the hand with a sharpened clipped-off brad inserted in one end. The darts also should be painted. The darts are completed by fitting cardboard crisscross in the slits at the large end. Darts made according to official specifications are obtainable at hardware or sporting goods shops at about ten cents each. At least three or four darts are needed.

Rules of Game

The target is either hung on the wall or set on the floor at a slight angle. Players stand about eight feet away from the target. Each tries to throw the darts as to place them as near the bull's-eye as he can. For each dart that sticks firmly in a space, the player receives the number of points marked in that space. Nothing is counted for darts that touch a line. This game may be played out-of-doors with board hung on the side of the garage or woodshed.

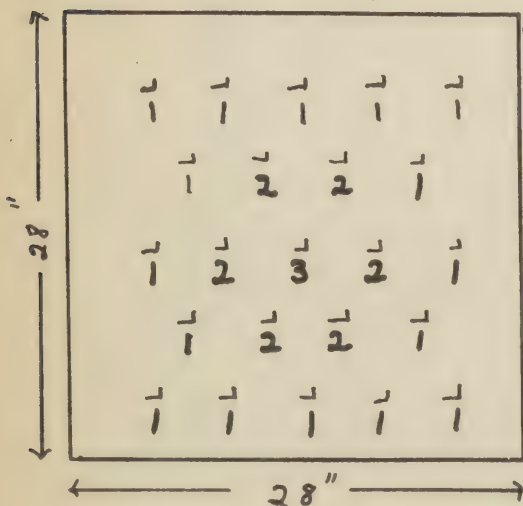
BASKETBALL GAME

A regulation basketball goal and backboard may be purchased, but it is quite as satis-

factory to nail a barrel hoop or metal ring on the garage wall or on a home-made backboard six by four feet in size. The rim of the hoop should be set ten feet from the ground (and one foot from the bottom of the backboard if a backboard is used). Boys and girls not only will practice shooting baskets but also will develop many games around a single goal. Can shoot goals from wheelchair.

JAR-RING TOSS

A board about twenty-eight inches square is prepared by driving twenty-three nails three inches long partly into it at an angle or setting two and one-half inch pegs into holes in the board and gluing them fast; or screw into it little ring-angle hooks like those used to hold curtain rods. Each hook is given a value, as is shown in the accompanying illustration. Figures can be cut from a calendar and pasted on. The board may be hung against the wall or set on a table.



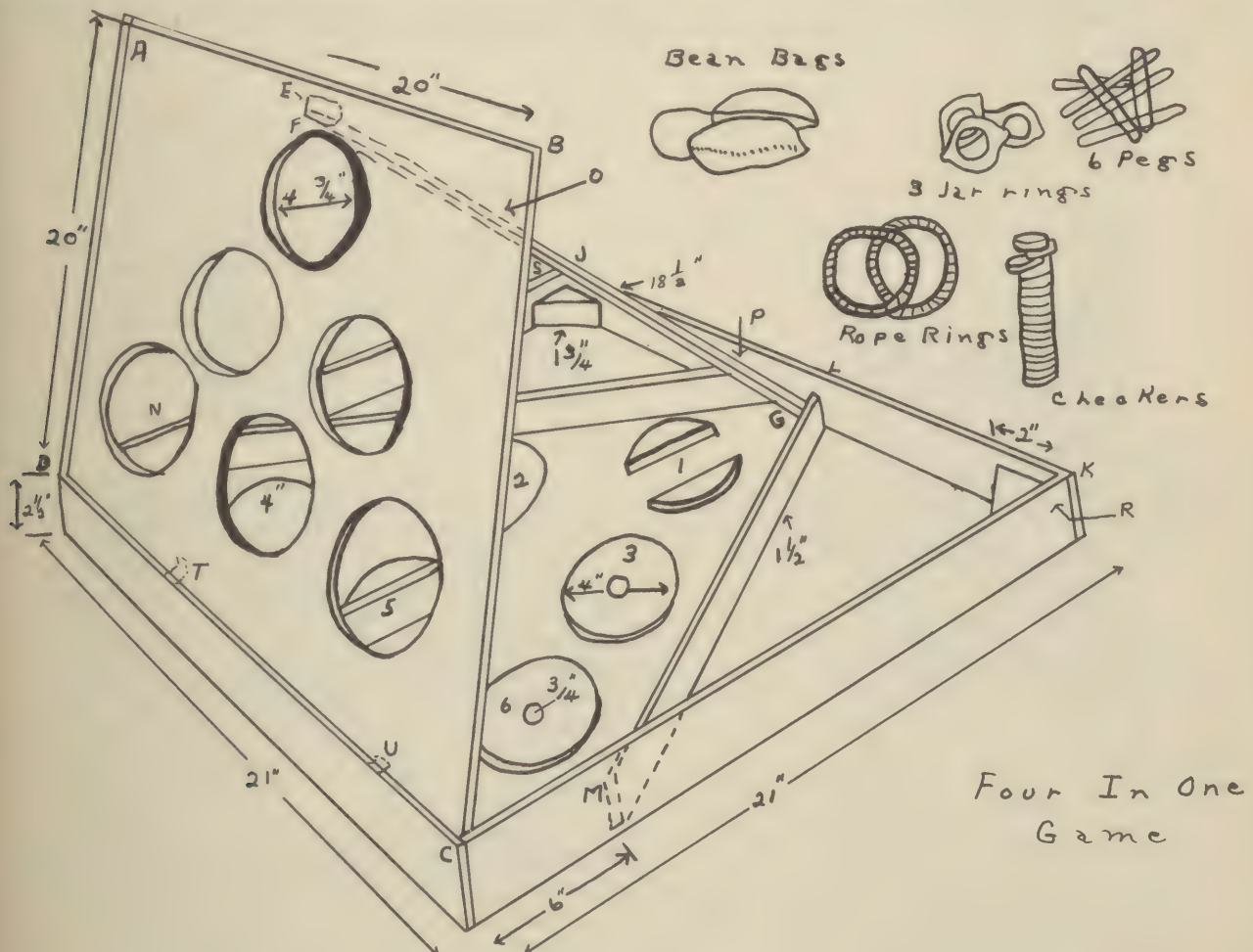
Its center should be about shoulder high. The players stand ten feet from the board. Each is given twelve rubber jar rings which he tries to toss so that they will hang on the nails, pegs, or hooks having the highest numbers. The players throw three times in a play and rotate four times. It is well to mark the rings with crayon or paint so that each person may identify his own in counting the final score. This game can be enjoyed by all members of the family.

DIRECTIONS FOR MAKING A FOUR IN ONE GAME (Checkers, rope or jar ring toss and beanbag)

The game box is twenty-one inches square (outside measurements) and made entirely of one-half inch pine lumber. The lid, A-B-C-D is twenty inches square, permitting it to fall just inside the square D-J-K-C, with the brace F-G in position at all times, and a block on the under side of the lid at E will hold the brace F-G in position when the lid is opened. The corner compartments, L-M-K and L-N-J, provide a place for the miscellaneous articles necessary for the various games, such as rope rings, bean bags of different colors, pegs and jar rings. When brace F-G falls down into position G-H, it necessarily cuts through the up-raised circles 1 and 5; consequently, the holes for pegs in circles 1 and 5 must be put in the brace F-G and O and P. The lid A-B-C-D is fastened to the framework by hinges at T and U. The up-raised circles on the floor of the box are one-half inch in thickness. These are made by cutting holes in the lid as indicated, four and three-fourths inches in diameter, using a jig-saw. The resulting circles are then cut down to four inches in diameter, and placed directly beneath the holes in the lid. These are painted various colors as red, gree, blue, yellow, orange, and brown.

A checker board is painted on the opposite side of the game board; sixty-four, one and one-half inch squares are suggested.

The various games require: three bean bags (about 3" x 4½") loosely filled with beans; six pegs (¾" x 6"), made to fit in the holes in circles 1-2-3-4-5 and 6; three ordinary fruit jar rings; a set of checkers; and three rope rings made from about fourteen inches of three-fourths inch rope, spliced smoothly to make a four inch ring.



DIRECTIONS FOR PLAYING RING TOSS OR BEAN BAG GAME

Each player stands at a specified distance from the board, five, ten, fifteen feet, depending on the players' ability in throwing. Three trials are allowed. One, two or three points may be counted for hitting the nearest, middle, and farthest pegs or holes respectively. Any numerical value desired by players may be given to pegs or holes.

CHINESE CHECKERS

This is an old Swedish game revived in America in recent years. The game is commended because it may be adapted to adult or children's activities.

It is played on a square board, either of one inch pine, or of plywood. The board may vary in size from twelve to twenty-four inches.

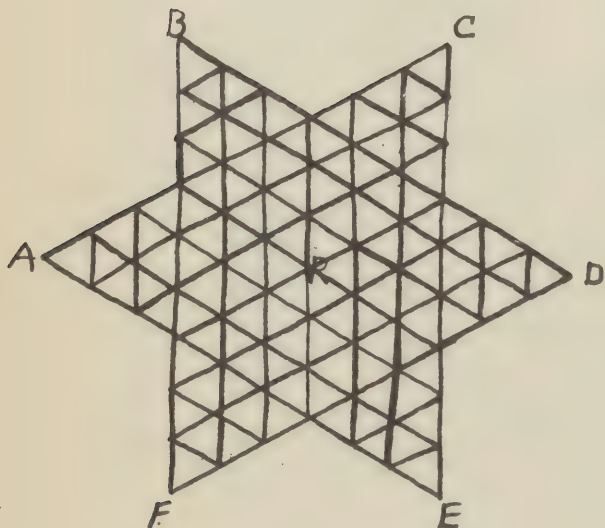
How to make the game (any sized board)

Use a compass or tie a string to a pencil to draw a circle having a diameter at least two to four inches smaller than the dimensions of the board to be used. The board may be either one inch soft pine or a three ply board.

Using the radius RA of the circle for a measure, mark off the six points on the circumference of the circle, which will be equally distant, A-B-C-D-E-F.

Connect every other point, as AC and BD, etc., to make three equal side triangles. This gives the six pointed star which is needed for the game. Use a ruler or a folded piece of paper to divide accurately the distances as AX and AZ of each star point, into three equal parts. Make these points as shown on the area XAZ. Do the same with each other star point. If these points are exactly located as directed, then lines joining crisscross on the board will locate all other points needed in the game.

Holes one-half inch deep are bored in all these points. A one-inch board is used if golf tees or pegs are to be used in playing. The holes for marbles or buttons are drilled with a counter sinker.



Rules of the game

In the diagram indicated, ten "men" of the same color are needed for each player. The men may be marbles, golf tees, or wooden pegs of six different colors, or buttons may be used. These are placed in the holes on the point of the star just in front of the player. From two to six persons may play.

The object of the game is for each player to move his men from the point of the star from which he starts to the opposite star of the same color. He may move his men forward or sideward. Moves may not be made farther than the base line of the colored area of an opponent. The men are moved one space only unless it is possible to jump one's own and another's men. The men are not removed when jumped. The player wins who first gets all his men across.

Players may alter the game to add to its difficulty, as jumping a man and a hole

together, observing the "pattern" on both sides of the "man", jumping backward as well as forward, etc. The most skilled players block their opponents play, as well as seeing how far they can move their own men in the desired direction.

KNEELING PAD QUOITS (younger members)

A quoit game similar to that of guits or horseshoes may be played by use of the pyramic toy standard. The rings are made from one inch wide circles having a six inch outside diameter cut from a rubber kneeling pad. The players stand from five to ten feet away from the standard depending on ability. One point is counted for each time a ring is thrown on the stake.

Chair quoits may be played by throwing rope or rubber rings (as above) at the legs of an overturned chair and counting score as above.

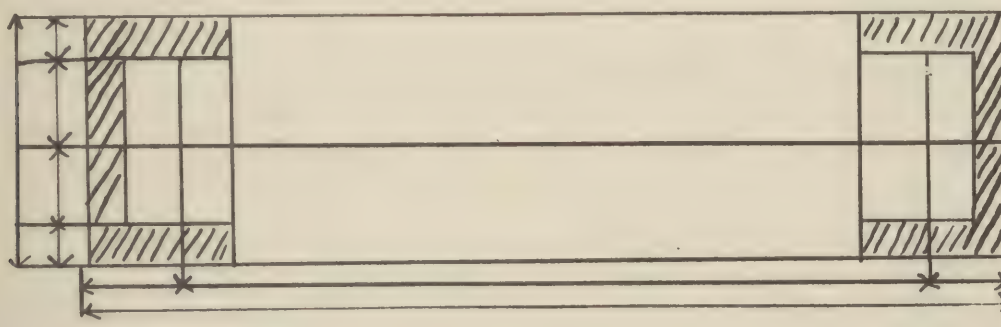
Fruit jar toss may be played by grouping jars together in a circle and using buttons or checkers to throw into the jars.

BARREL TOSS

The players stand about twenty feet from a barrel and try to throw stones or wooden blocks into it. Each may have five throws and a point may be awarded for each stone or block that goes in. The throwing line may be put farther back when the players are expert.

HORSESHOE PITCHING

The game of Horseshoe Pitching is widely known and very generally enjoyed. The stakes over which the horseshoes are to be pitched should be 8 inches above the ground. The regulation distance apart is forty feet, and for young players this may be reduced to thirty feet or even less. Two or four players may take part. If there are four, they play in two teams, with teammates standing at opposite stakes. Each player, or each team, has two horseshoes, and they take turns pitching them.



Requirements for a single court:

1. Area - ten feet by fifty feet.
2. Two stakes - one inch diameter iron rod by thirty-six inches long.
3. Two pitchers' boxes, six feet by six feet.
4. Blue or Potter's Clay in boxes, eight inches deep.
5. Stakes placed forty feet apart at point of entering ground twelve inches above level of box with a three inch lean toward each other. Use iron or soft steel stakes. Do not use Ford axles for stakes as these are case hardened and are hard on the shoes.

Rules of the game

The game consists of fifty points. If a player rings the stake with one of his horseshoes, he scores three points. If both of his horseshoes ring it, he scores six points. Points are awarded also for putting horseshoes near the stake, the nearest one scoring one point. If both the nearest ones belong to one player, he scores two points. A combination of one "ringer" and the nearest horseshoe scores four points. Only one player scores in a turn; if both make "ringers", each cancels the other. If the horseshoes of opponents are of equal distance from the stake, no points are awarded for either of them. First play in the

next turn is given to the member of the winning team at the opposite stake.

Horseshoes and stakes made especially for the game may be purchased. A copy of the official rules is usually packed with each pair of such horseshoes.

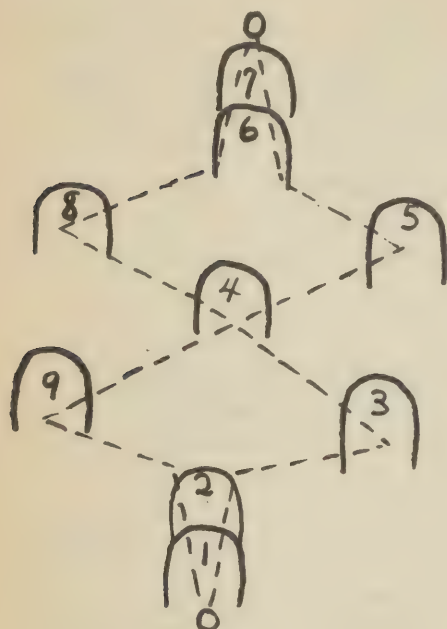
CROQUET

A game that may be played almost anywhere without detracting from the real enjoyment of the game. The game may be played on turf, dirt or "made" ground. It is equally enjoyed by all ages of both sexes.

When the ground will permit, the stakes should be placed seventy-two feet apart; the first arch seven feet in front of the starting stake; the second seven feet from the first; the third fourteen feet to the right of one foot in advance of the second; the fourth in line with the first and second and twenty-two feet in advance of the second; the remaining five at the same relative distances and position.

When a player has gone the rounds and reached the starting stake, he may "peg" and retire or he may become a "rover" with the privilege of traveling over the ground to assist players on his side or damage the prospects of those on the other side.

In regard to the rules of the game, each family is a law unto itself, but with each set will come a set of suggested rules and regulations.

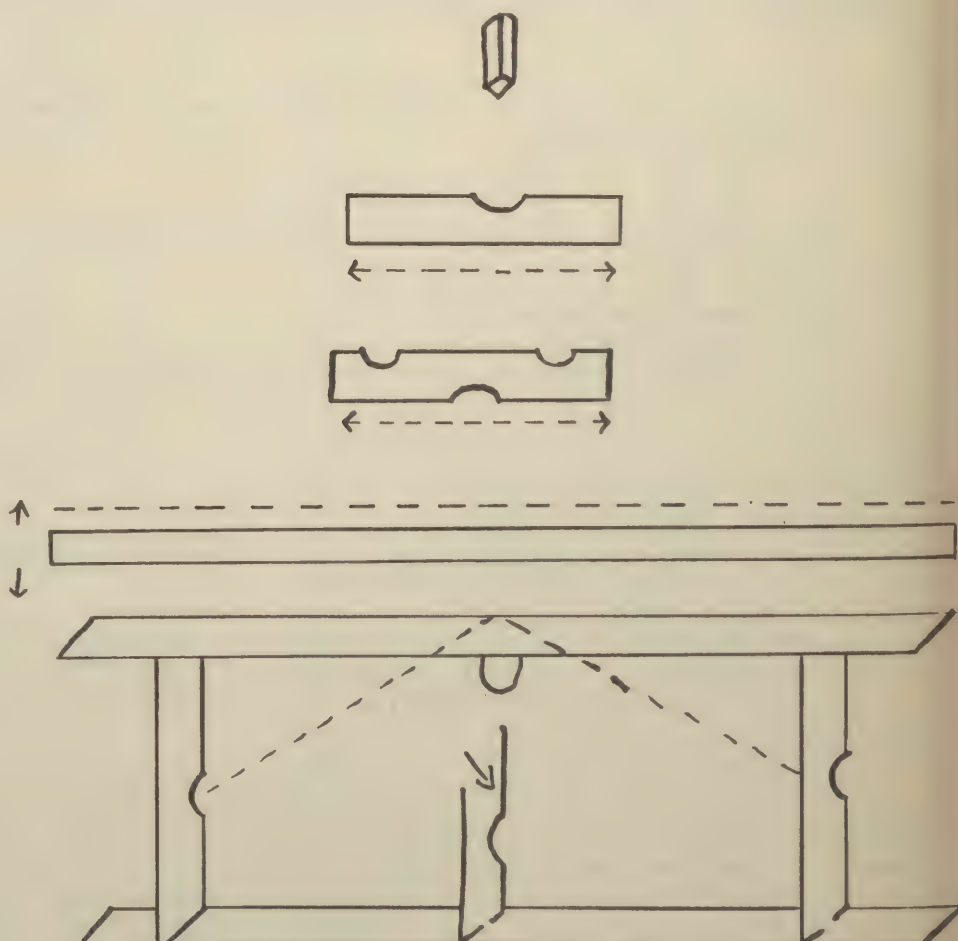


BOX HOCKEY (Spastic)

Box hockey is a game which has been used with great success. The materials required are two boards 2" x 8" x 9' and three boards 2" x 8" x 3'. The frame may be put together with three inch square-head lag screws so that it may be easily taken apart. Blocks of wood 2" x 2" x 8" are fastened in each corner to strengthen the frame.

In the center of the end-boards a hole $3\frac{1}{2}$ " wide and $4\frac{1}{2}$ " high is cut at the bottom of the boards. Two similar holes are cut at the bottom of the middle board six inches from each end. A groove three inches across and one inch deep is also cut in the upper edge of the middle board at the center.

Rules: Two players usually play at a time, although four can play. They stand on opposite sides of the box, facing it. Each



player's goal is the hole at the end of the box to the left. The object is to hit the ball through this hole with the stick.

At the start the ball is placed in the groove at the top of the middle partition. The two players place their sticks on the floor on opposite sides of the partition, raise them, and strike them together above the ball; this is done three times and after the third tap, they attempt to hit the ball. If the ball falls into the half of the box to the player's right, he must work it through the holes in the partition into the section to his left, and then he is in position to attempt to score. If the ball is knocked out of the box, it is put in play by placing it on the floor in the box opposite the point where it went out, and the players tap their sticks above it three times, as they start.

- a. Raising stick above shoulder
- b. "Hacking" at opponent's stick
- c. Holding stick over "own" goal hole
- d. Not staying on own side of box

Penalty: Free hit for opponent from one of the center holes.

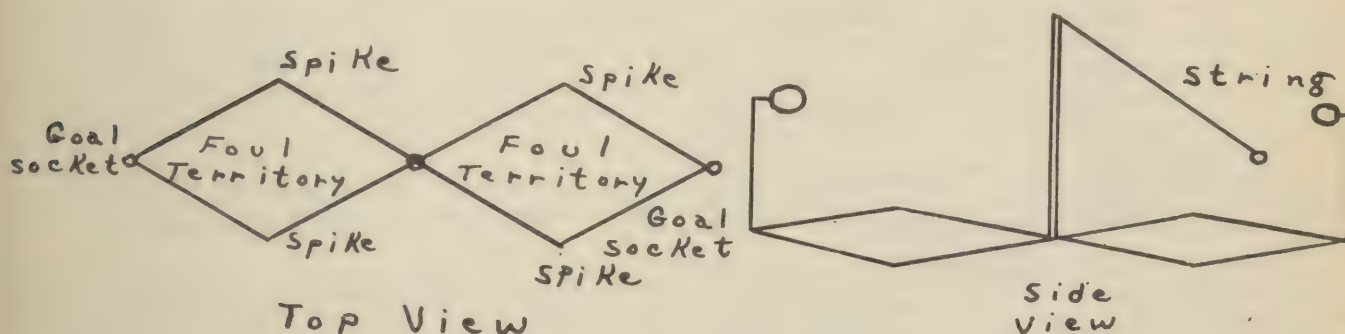
Scoring: One point is scored for each time a player puts the ball through the hole in the end of the box to his left. Five points constitute the game.

LOOP OR TETHER TENNIS

A great amount of exercise can be gained by a group of players in a small area. Loop Tennis can be played in a circle eighteen to twenty in diameter. Overhead space should be cleared of all obstacles.

The equipment for Loop Tennis includes a ball attached by a cord to a swivel at the top of a steel pole, two spring steel loops which serve as goals, a double diamond-shaped foul territory, and four paddles. Usually the foul territory is a wooden frame which supports the pole and goals.

The game may be played by two teams with either paddles or with hands. When paddles are used, one or two players make a team.

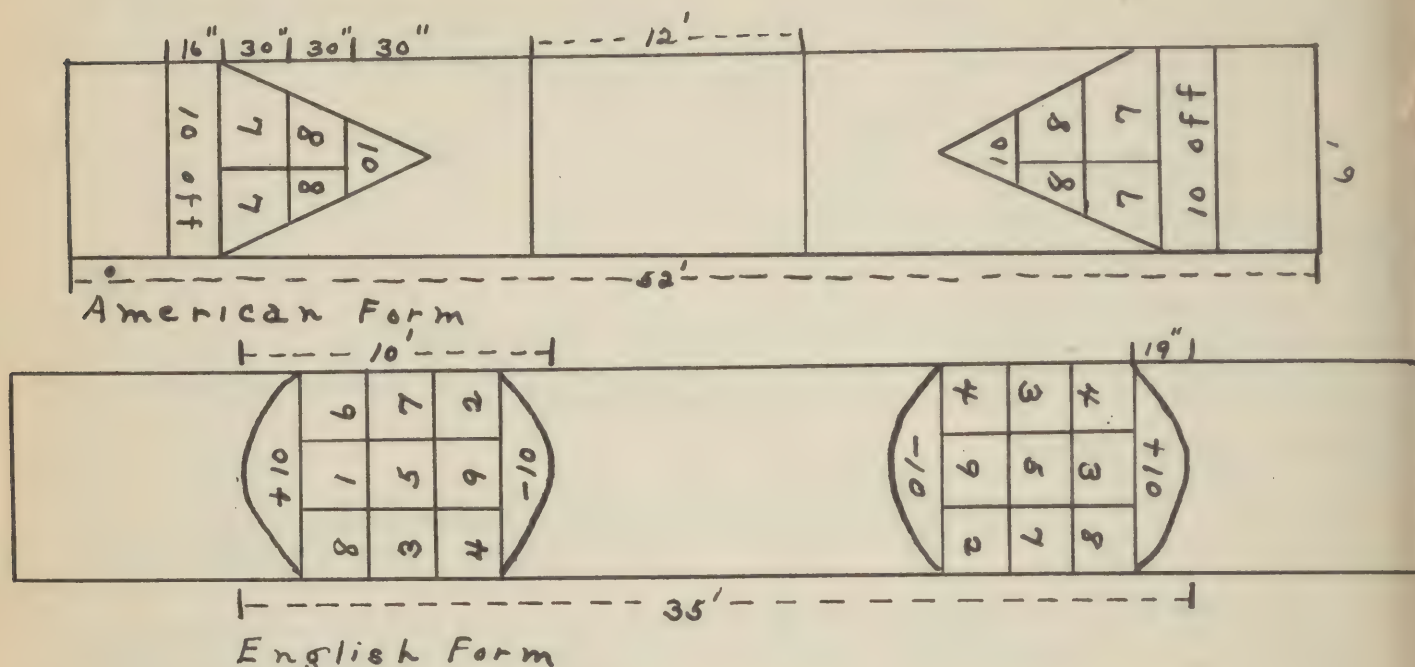


When hands are used, more players can enter the game. The object is to drive the ball through either goal. A point is scored by the team which first scores ten points, unless the previous score had been tied at nine or deuce, in which case a team must score two successive points to win. A foul committed by either team is scored as a point for the opponents. On serving, the player stands equal distant between the goals, and must hit the ball in such a manner that it neither touches the pole nor the goals before it passes over into the opposing team's court. Otherwise a foul is committed, and a point is scored by the opponents. Play continues after a serve until a goal has been made. At that point the serve is given over to the opposing side. The serve and positions rotate among members of a team just as they do in tennis.

SHUFFLEBOARD

Equipment

Two or four cues, five feet long, for each court; eight discs, six inches in diameter, four painted red, four black; one court with scoring areas marked according to the following diagram.



Game

The game may be played by either two persons (called singles) or by four persons (called doubles).

Players shoot one disc to the farther dead line. The player whose disc is nearest the dead line has choice of color. Measurement is from center of disc to center of line. In singles both players shoot from one end of the court; he who has the red disc shooting first, and colors alternating thereafter. When all discs are shot the players walk to opposite scoring end, mark score, and shoot discs back, red starting first again. Then black shoots first, down and back.

In doubles two opponents stand at either end of the court. The two shooting for choice of color start the game, red starting first for one inning (down and back) and thereafter, the colors alternating on the innings.

Discs are shot from within the "ten off" area in the American Form and from the green line in the English Form. The cue may extend out of this area as far as the reach, but the foot must not step over this area in delivering the disc. Discs failing to reach the farthest dead line are removed from the court. Discs remaining on the scoring board not touching any lines at end of each play are scored according to the area they occupy. The game may be played to fifty, seventy-five or one hundred points.

Suggestions to players:

1. The cue may be held with one or both hands, the grip being from above.
2. The disc should be pushed, not hit.
3. Standing with the cue somewhat to the side rather than directly in front of one gives added length to the stroke.
4. Offensive play includes the placing of discs for the purpose of scoring. Each player must develop the "feel" of the stroke in order to do this.

(a) A player may attempt to place his discs in high scoring spaces, in opposite sides of the scoring area, or,

(b) He may attempt to put one disc on a high scoring area and then, if it is not displaced, covering it with later shots, or,

(c) He may put his first disc in the front of the court and then move it back to a higher scoring space by a later shot.

(d) A player having a last shot should be able to place it on 10 + space.

5. Defensive play includes displacing opponents scoring discs. This type of play if over emphasized makes the game long, drawn-out and uninteresting. Better try for a score.

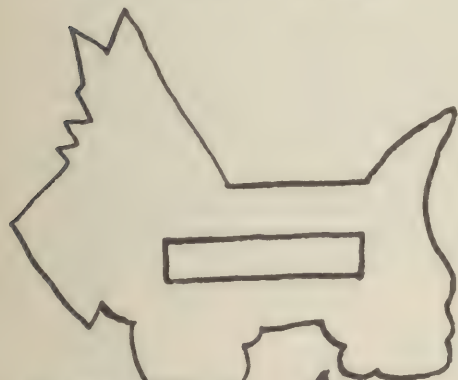
(a) A direct hit will displace the disc which it hits and remain in its place.

(b) An angle shot will cause both discs to move at angles which are dependent upon the angle of the hit.

Games for Home Play taken from bulletin compiled by Alma H. Jones, Iowa State College, Ames, Iowa, with permission.



Cut out dog



Cut groove
for pin on
back



Cut or burn notches

WOODEN PINS

Current fashion decrees ornaments for coat . lapels, hat decorations, or brooches. They make attractive gifts, are easily, quickly, and cheaply made, may be varied in any number of ways, and they call for ingenuity in the creating of original designs and applying them. Yet they can be simple enough for quite small children.

The main thing to remember is that each person should and can make his own design, should do all the work on the pin, and should be encouraged to do the very best workmanship of which he is capable. Then the experience will be a real craft and not just "busy work". Urge that the first pin be a simple one.

Equipment

Oil or showcard colors,	Wood
Crayons or stains	
Razor blade, knife or carving tools	Sand paper
Electric Plug Pen (optional)	Carbon paper
Coping saw and blade	Small safety pins
Shellac and brushes	Metalic solder
Steel wool (optional)	

Method

1. Draw a design suitable for a wooden pin. This may be of several types with figures, such as a dog or elephant; initials; a rectangle, diamond or circle in which a design is carved, burned, or painted; cut-outs of storybook characters such as "Alice in Wonderland", "Winnie the Pooh" and "Mother Goose;" figures of people from foreign lands; and club emblems for club members to wear. The figures and designs may be naturalistic, conventional or modernistic. Avoid protruding details as very long slender tails and ears, for these are likely to break, especially when young people make or use the pins.

2. Transfer the design to the wood with carbon paper. Use wood a quarter of an inch thick. Sides of boxes, crates, or cheese boxes are quite satisfactory and are easy and inexpensive to obtain. Fine grained wood is more sturdy, and red cedar is highly recommended.

3. Saw out the figure with a coping saw. Hold the blade straight up and down so the edges of the pin will not slant in or out - unless of course you want them to. Trim the edges with a knife and sandpaper them and the other surfaces carefully. A wood file (ten cent store) will facilitate the smoothing of edges.

4. Decorate the pin in any one of the following ways:

(a) After sandpapering the pin, stain and shellac it. Choose an interestingly grained piece of wood in this case, if possible, for an interesting grain make a plain pin more attractive. Rub steel wool over the first coat of shellac and apply another coat to obtain a rich surface.

(b) Draw the design on the pin. Paint it with oil paints, show card colors or crayon it. Shellac it.

(c) With a jackknife, a razor with a thick edge or an electric plug pen (obtainable in the art departments of department stores in wood burning sets at about \$1.00), cut or burn the outlines, eyes, shadowings, dress, face outlines, or design into the wood. Then,

(1) Stain and shellac or,

(2) Paint design with oils or quick-drying enamels (obtainable at ten cent stores for ten cents a can), showcard, water colors, or crayon. Then shellac.

(3) With Prang's Crayonex (or other crayons), fill the grooves by holding the electric plug pen near the crayon in the groove. The heat of the pen will melt the crayon. Use up old crayon stubs this way, if you have them. You will have an uneven amount of crayon in any given crevice. Rub a clean piece of material in the grooves until the surfaces are evenly colored. Shellac.

5. Insert a safety pin in the following fashion: Cut a groove a trifle longer than the smallest sized safety pin (or a longer one for a large pin) 1/8 to 3/16 of an inch deep and no more than 1/4 of an inch in width, on the back of the wooden pin where you wish the metal pin to go. Place the pin in the groove and apply metallic solder (obtainable in tubes at ten cent and hardware stores for from ten to twenty-five cents. Lepages Liquid Solder (tube) costs twenty-five cents.) Use tube solder that is silver in color. Allow solder to harden for fifteen minutes before trying to open or close the pin. A second application of solder may be necessary. Put in the pin before you shellac or paint the figure, but after carving or burning the other surfaces if these types of decoration are used. However, it is advisable to cut the groove before any decoration is applied to protect the surface and, in case you should slip accidentally or split the pin in making the groove.

Taken from Recreation Bulletin Service, New York with permission.

SQUARE KNOTS

This type of handiwork has proven popular in camp and playground programs. In one boys' camp in the east, the campers made straps for their knapsacks and bridles for the horses with seine twine tied in square knots.

There are two methods of tying square knots:

1. The two movement method whereby each knot is tied separately, and the person tying the knots must remember to alternate the direction of every other knot.

2. The one movement method whereby two knots are tied in one movement.

One movement method

1. Saw out of thin wood a small dart. Lay the shaft of the dart with the grain of the wood to assure strength in the direction of the pull of the dart. With a drill, bore a little hole in the rounded end of the dart. Through this insert a cord that will reach twice around the waist of the worker. Knot the two ends together and fasten the dart around the waist firmly.

2. Insert two lengths of cord into a small hook or swivel and then fasten the swivel or hook to a convenient nail about sitting height.

3. With a knot fasten the two center cords to the dart head so that they are held firmly between the worker and the bench pin.

4. Hold the left hand strand hooked over the first and second fingers of the left hand.

5. With the first two fingers of the right hand, reach under the two center strands and draw a loop of the left hand strand back under the two center strands.

6. Bring this loop up and over the two center strands.

7. Through this loop with the thumb and forefinger of the right hand, pick up the two ends of the left hand strand and draw them back in a double loop.

8. Draw the right hand strand completely through this double loop and drop it.

9. Hold on to the free end of the left hand strand which is still in the left hand.

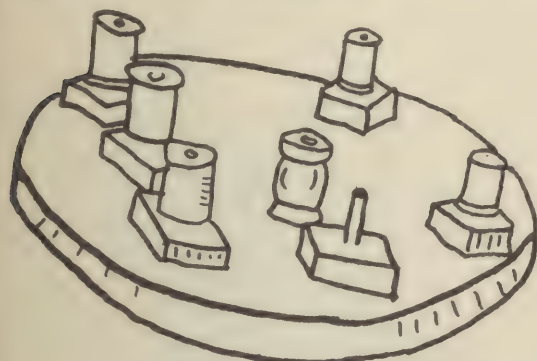
10. With the right hand, pick up the top strand which is the only one that is running parallel with the two center strands and move it upward and to the right side. This will open up the strands and show the two knots ready to be tightened.

Continue knotting these two strands until the process becomes automatic, and you can see what kind of a cord is made.

Try making a strand twice as wide with four long cords to make eight strands. The strand will be made up of rows of two knots, then one, etc.

Take two colors of cord with the same number of strands on each side in symmetrical arrangement. Knot left hand half as previously practiced. Reverse the knot with the right hand half of the cords, starting with the right hand cord and drawing the left hand cord through the double loop. This will make the pattern symmetrical on both sides.

Following are some suggestions for homemade play equipment. If your child is too young to make the equipment, it will be well worth your time to make them for your child as they will get a great deal of enjoyment and help from them. The patterns and instructions are taken from a bulletin published by Child Development Department, Iowa State College, Ames, Iowa, with permission.



INDOOR EQUIPMENT

PEG BOARD

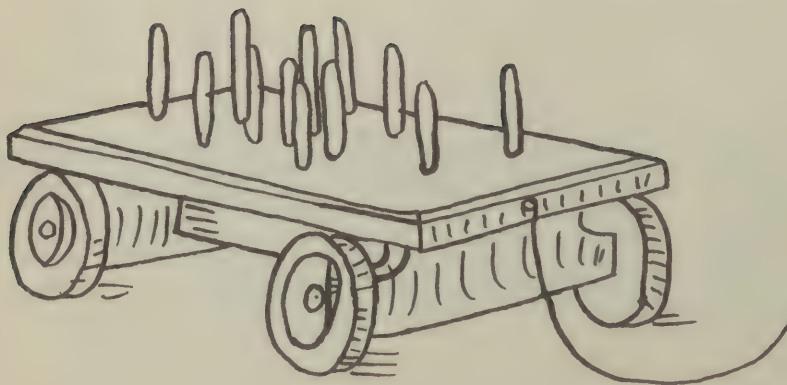
A 12 x 12 x 1 inch board is cut round. One-half inch doweling cut into two inch lengths are cemented into holes bored in the round board. Spools and squares of wood are fitted on the pegs. These are painted bright colors. This toy is very good for the spastic child.

BROOMSTICK PYRAMID

For the bottom, 10 x 3/4 inches. The remaining pieces one-half inch smaller. The top piece measures three inches across. Holes in the center of each piece are just large enough for the broomstick to pass through. Each piece is painted a bright color.



Pyramid



PEG BOARD ON WHEELS

A 12 x 8 inch board is needed. Holes are bored to inset four inch pegs made from doweling one-half inch thick. The wheels are cut from three-fourths inch thick wood and screwed to the axle with a washer on either side of the wheel.

ELEPHANT PUZZLE

Two 12 x 12 inch pieces of three ply wood are needed. The design is cut in one or the three ply squares. This design is cut in seventeen pieces. The two squares are glued together.

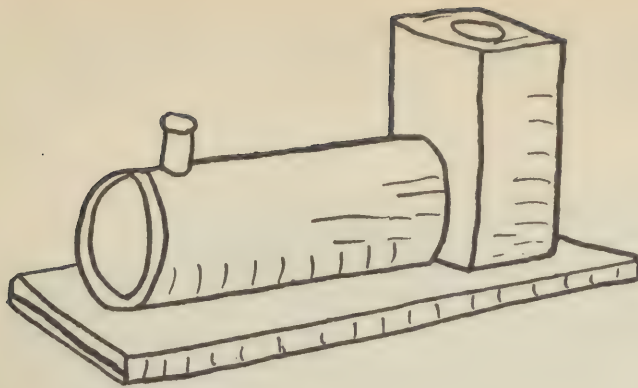


Elephant Puzzle



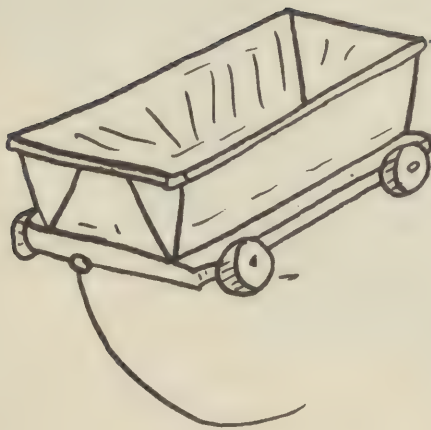
WOODEN ANIMALS

Basswood or three ply wood is cut with a coping saw and inserted in a block of wood so the animal will stand up. These are to be painted as nearly the real color of the animal as possible.



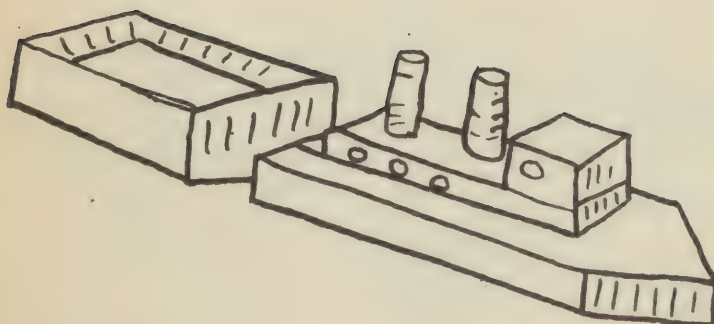
BOX ENGINE

Engine is a flat board on which is firmly bolted a cookie can, cocoa can and a spool.



TIN PAN CARS

Baking tin screwed to a flat board, mounted on wheels made of narrow pieces of doweling. Cars can be hitched together by hook and eye.



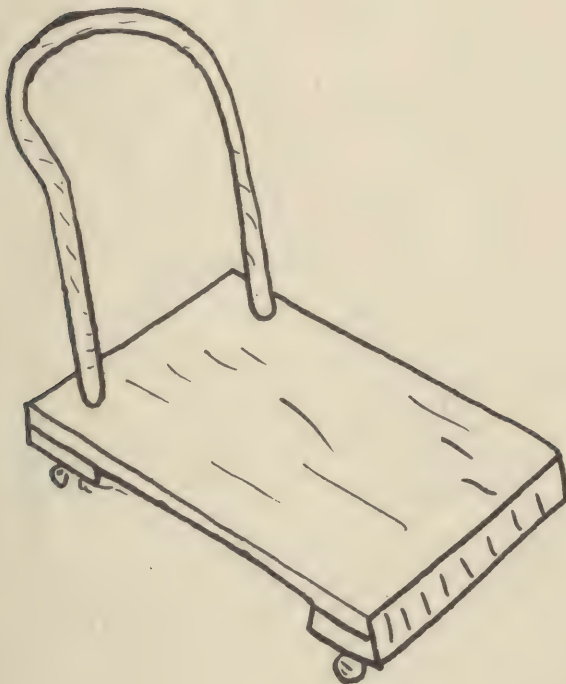
TUG BOAT AND BARGE

Tug boat--bottom one and one-half inches thick, twelve inches long. Shaving stick containers are used for the smoke stack, and large-headed nails for portholes. One-half inch thick board is used for the bottom with the sides of 1/4 inch x 1 3/4 inch strips.



SPOOL HORSE

Doweling in two dimensions make the body, neck and head. Bits of shoe leather make the ears. A piece of rope extends from the head through the body and makes the tail. Thin rope knotted at the ends, strung with spools make the legs. The legs are all wired together.

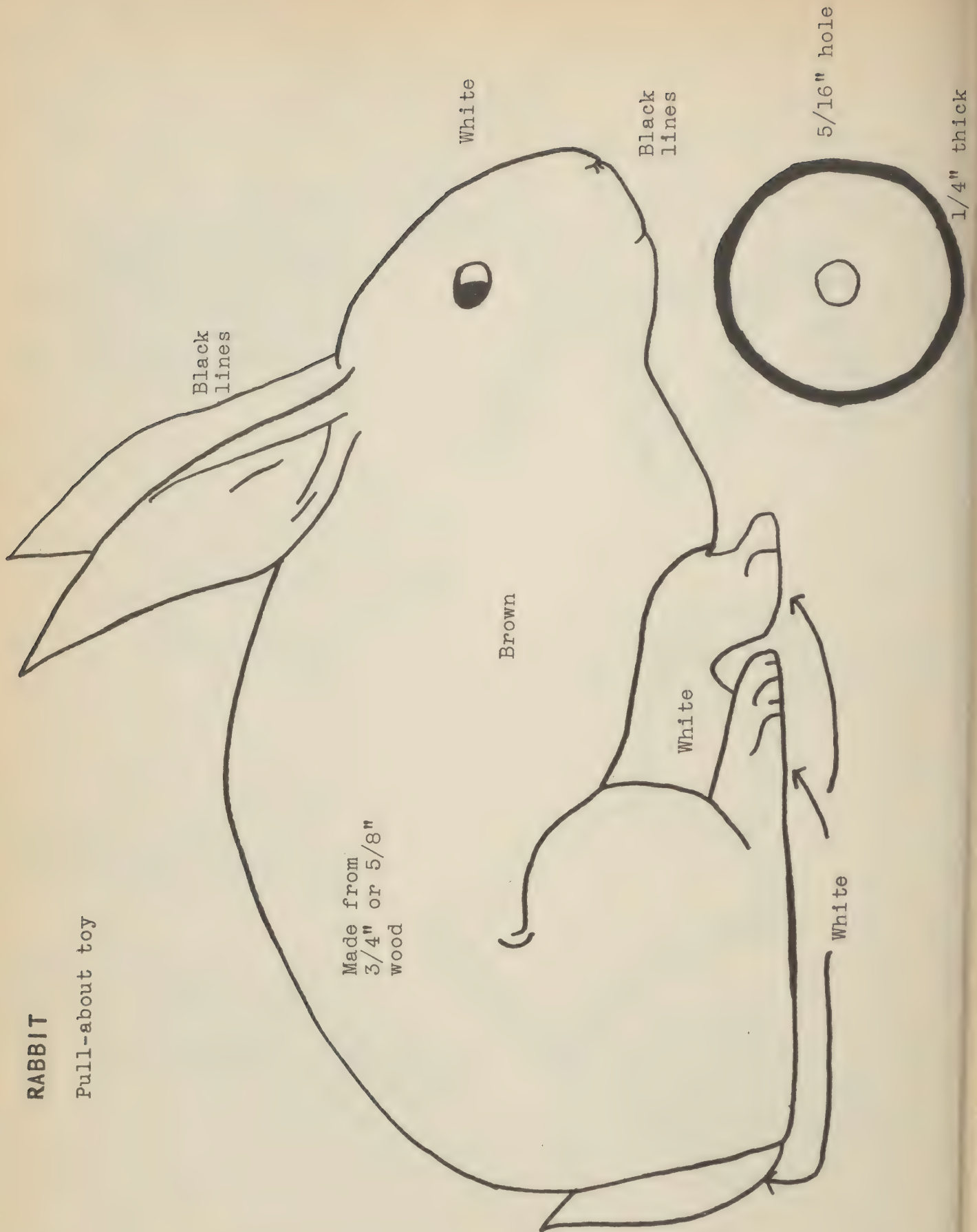


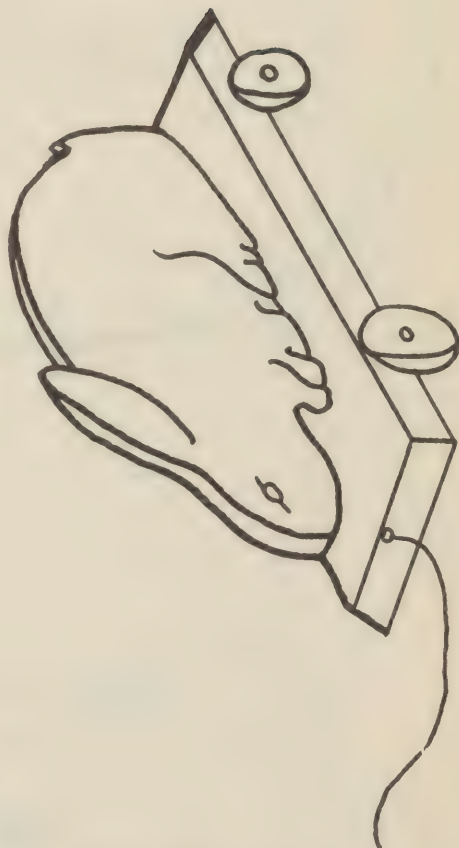
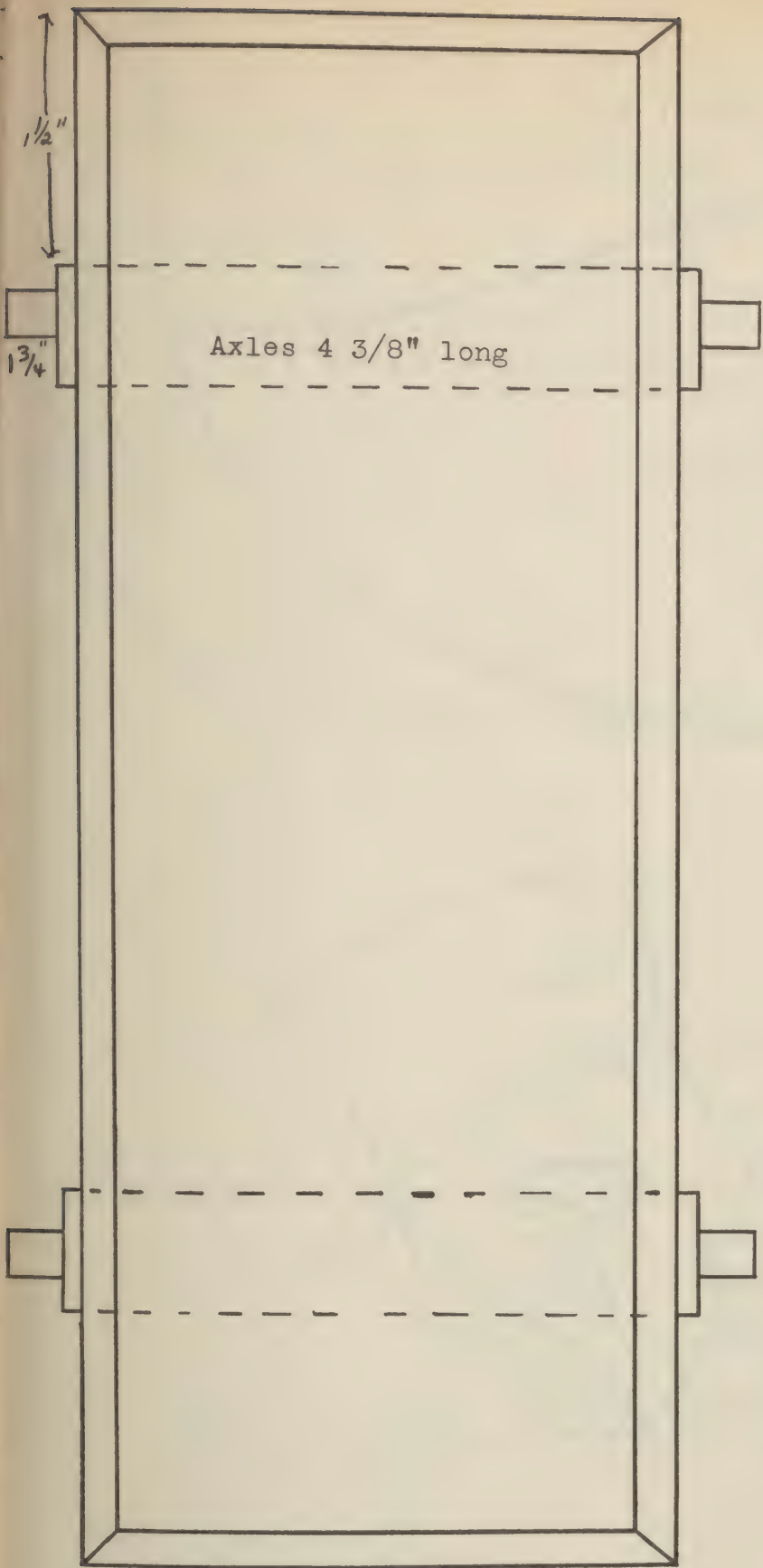
PUSH WAGON

Materials used: A re-enforced board 20 x 15 x 1 inch on casters with a curved pipe handle at one end.

RABBIT

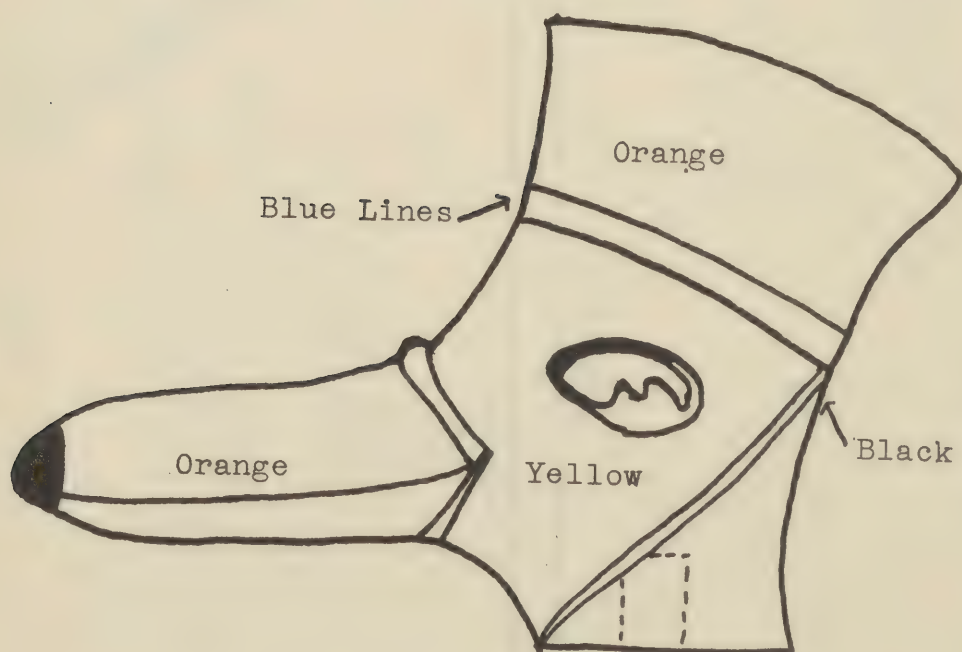
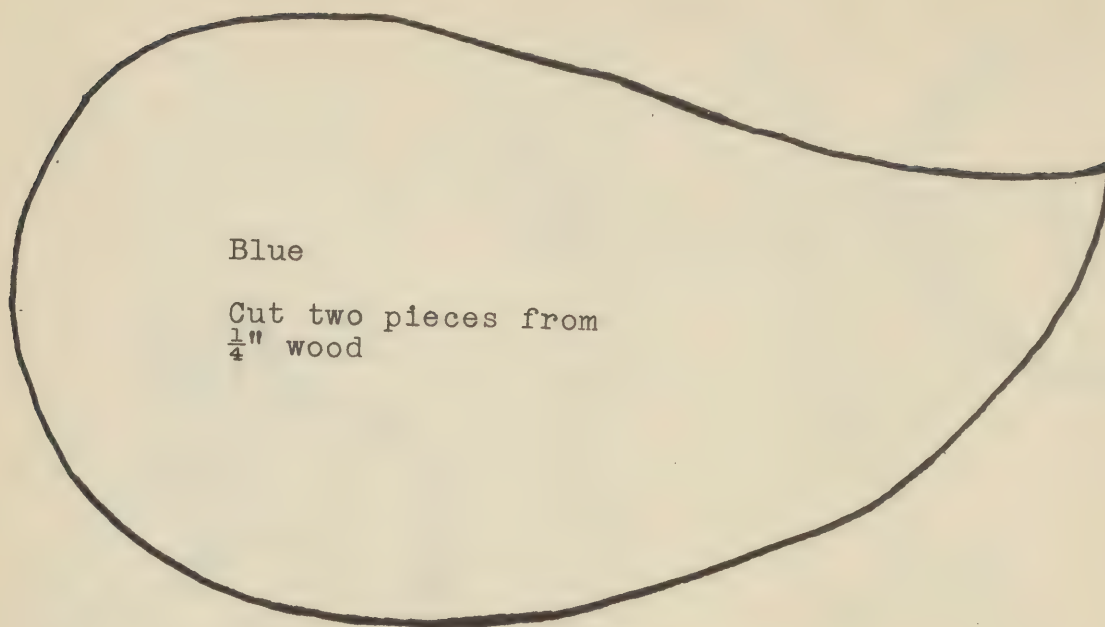
Pull-about toy



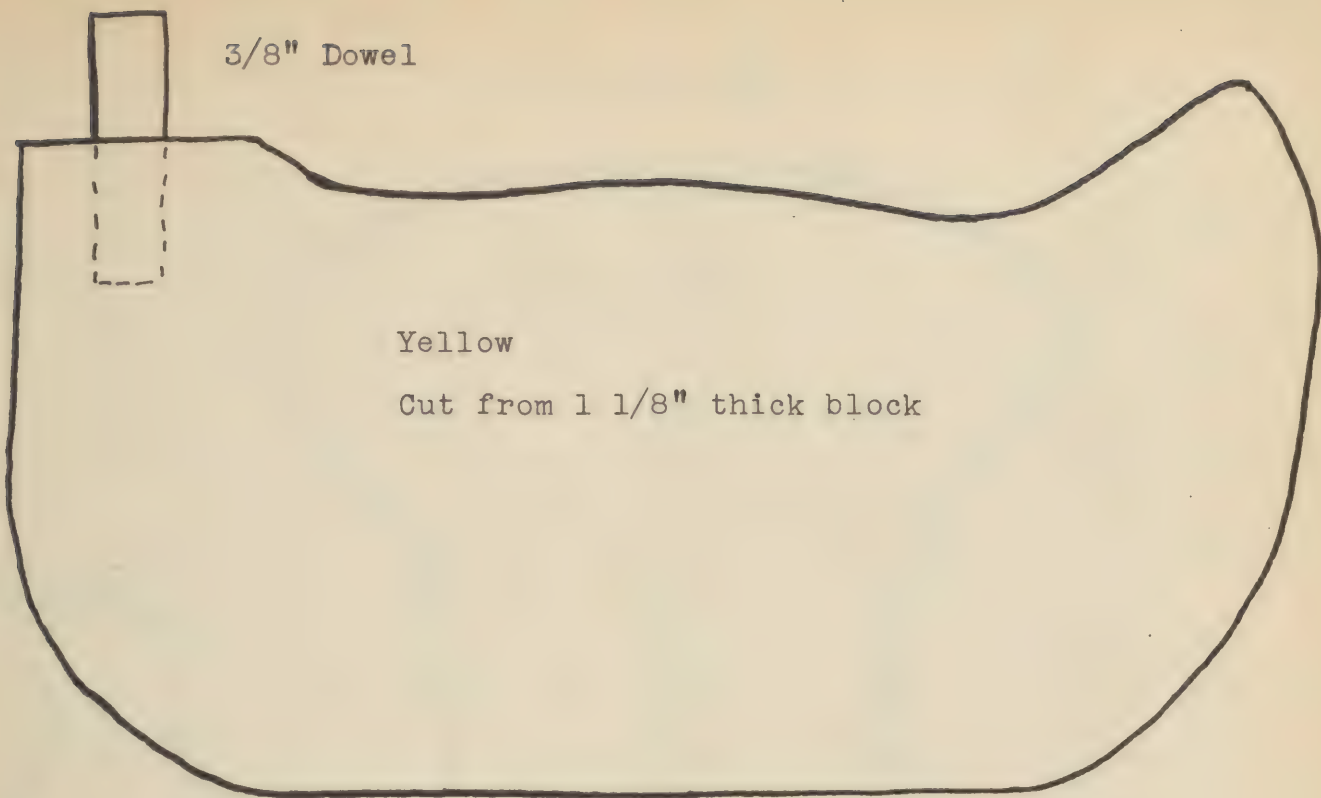


Assembled

DUCK PULL-ABOUT TOY

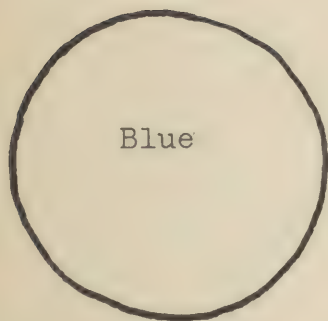


3/8" Dowel

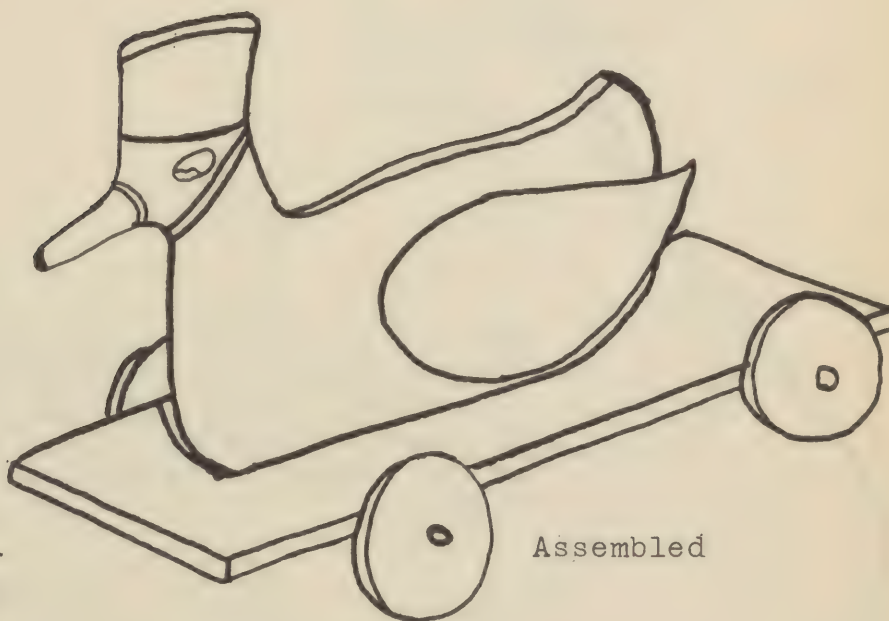


Yellow

Cut from 1 1/8" thick block



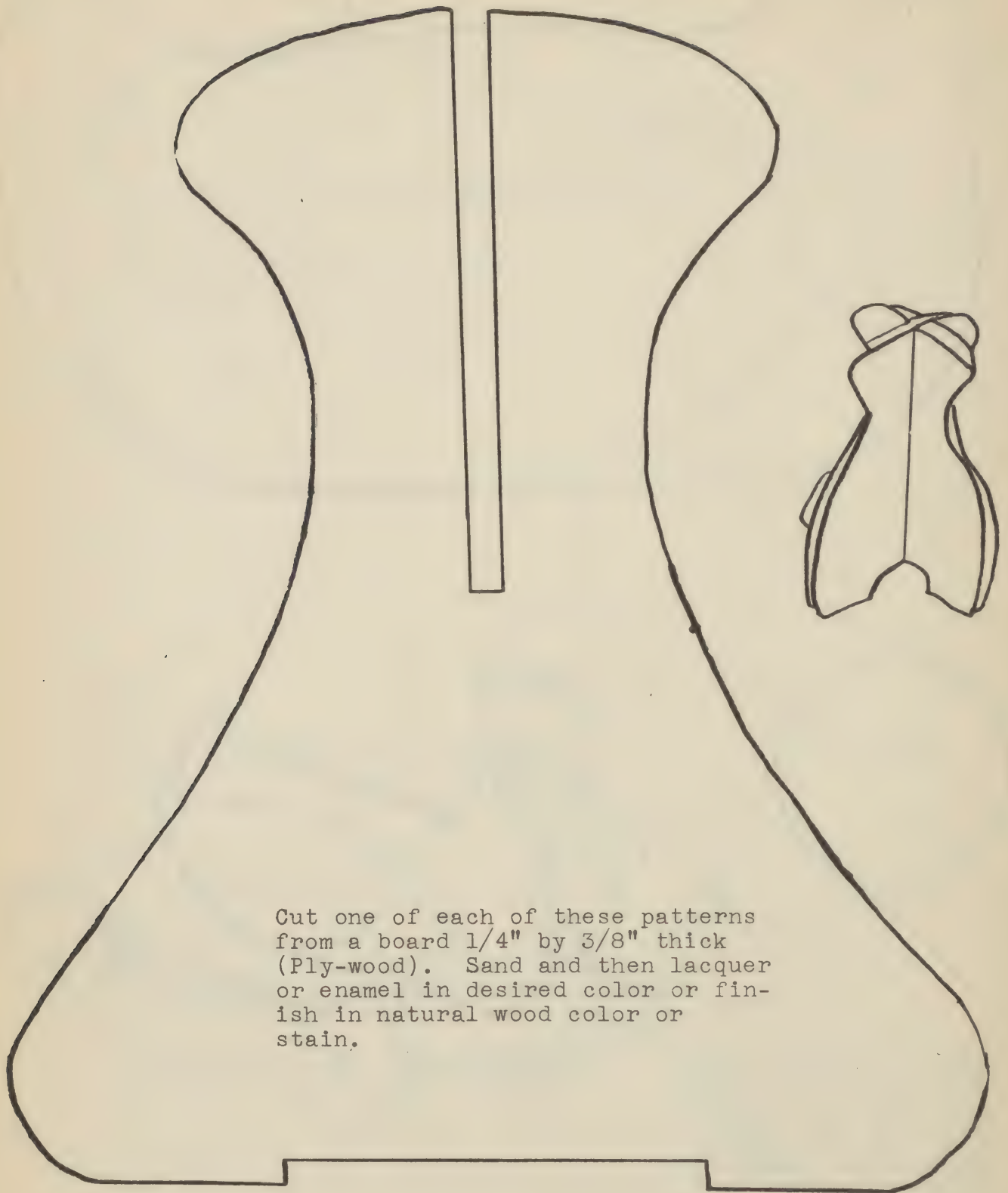
Blue



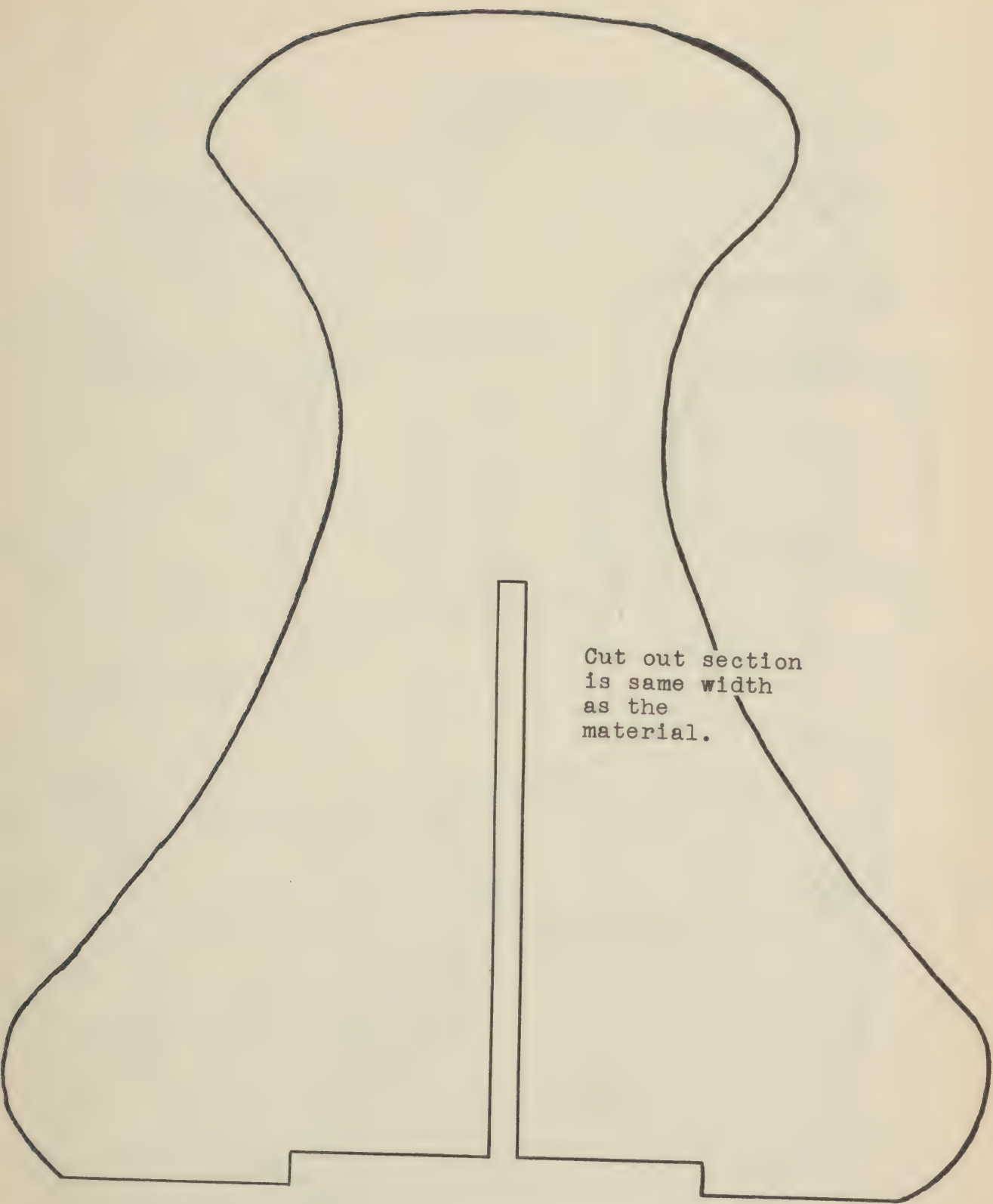
Assembled

4 wheels may be cut from rolling pin, curtain pole, spool ends, button molds. Wheels should be mounted on platform as rabbit in order not to tip easily.

HAT RACK

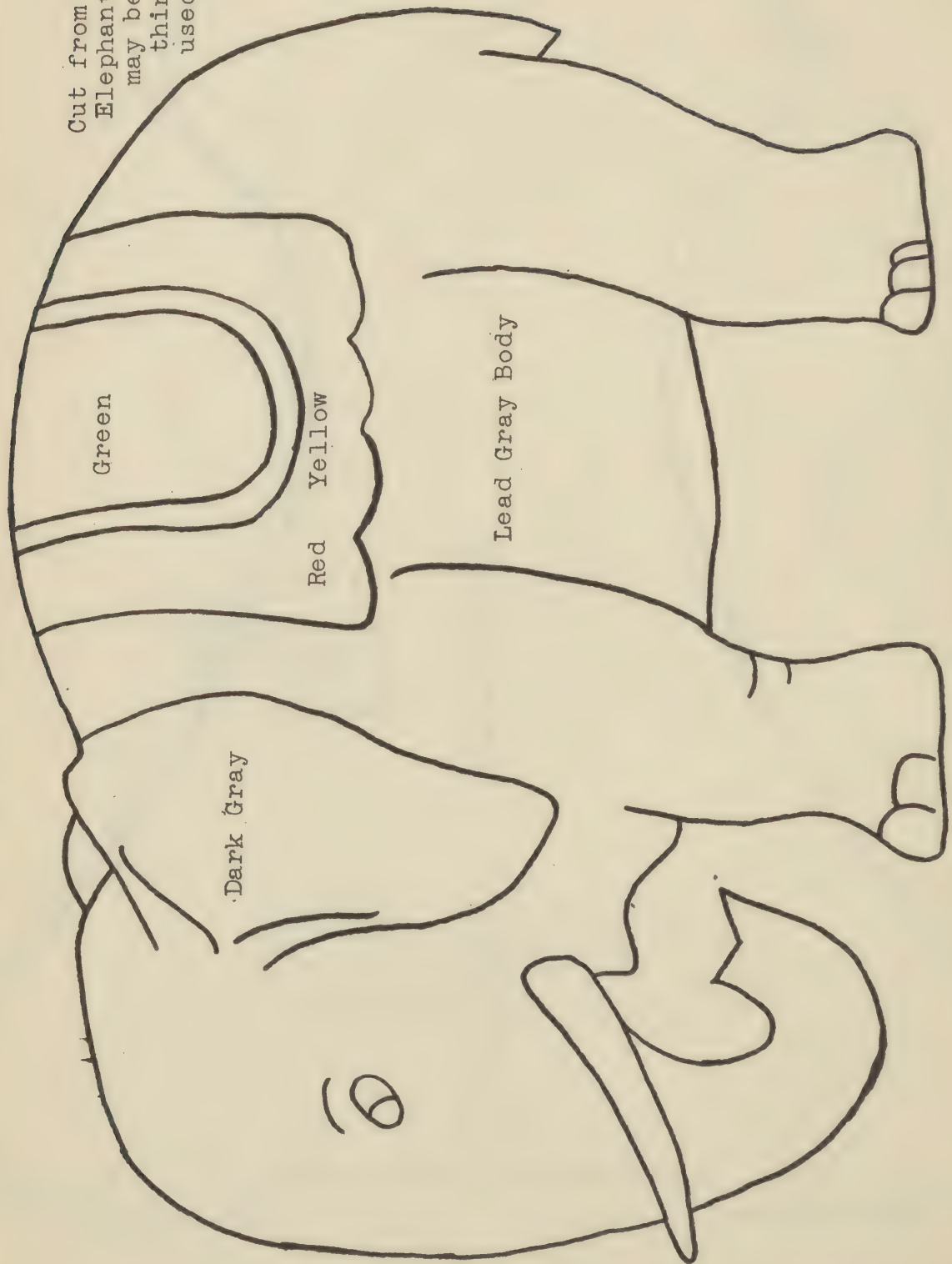


Cut one of each of these patterns from a board $\frac{1}{4}$ " by $\frac{3}{8}$ " thick (Ply-wood). Sand and then lacquer or enamel in desired color or finish in natural wood color or stain.



Cut out section
is same width
as the
material.

ELEPHANT BOOK END



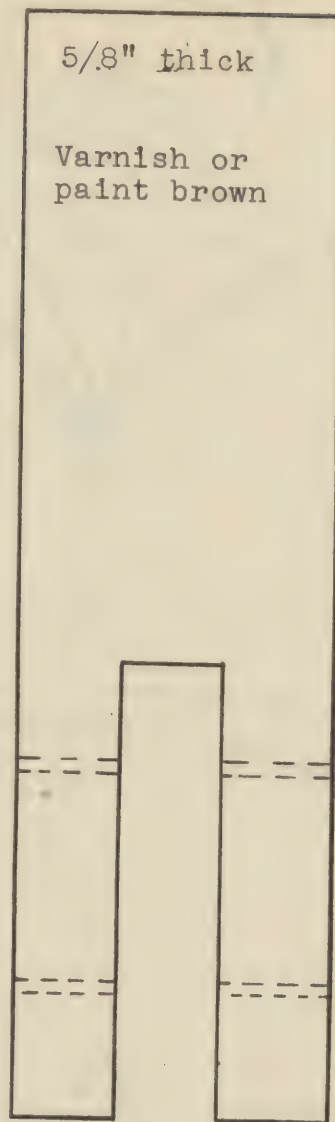
Cut from 3/8" wood.
Elephants in pairs
may be attached to
thin boards and
used for book-ends.

When used for a pull-about toy, it should be cut
from one-inch lumber. Can be used for door stop.

DOOR KNOCKER



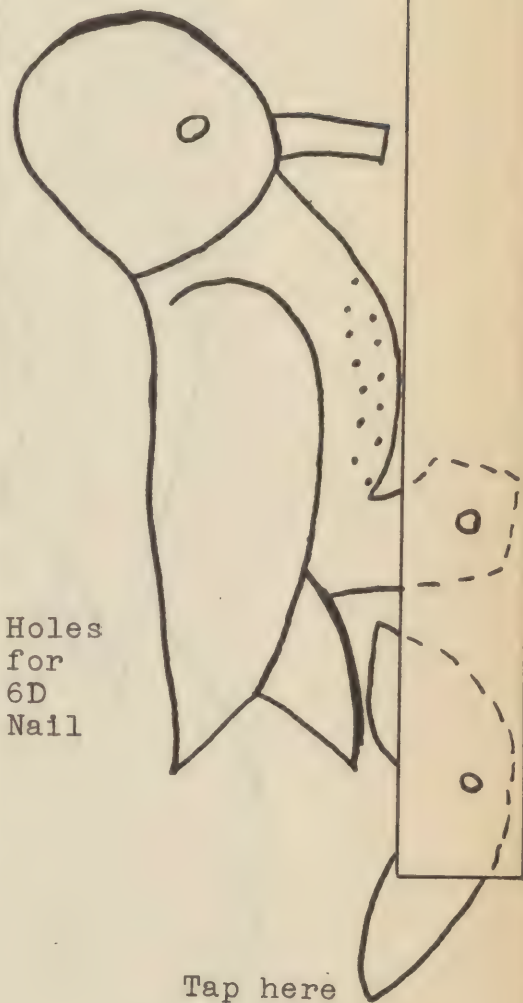
Cut from
3/8" wood.



5/8" thick

Varnish or
paint brown

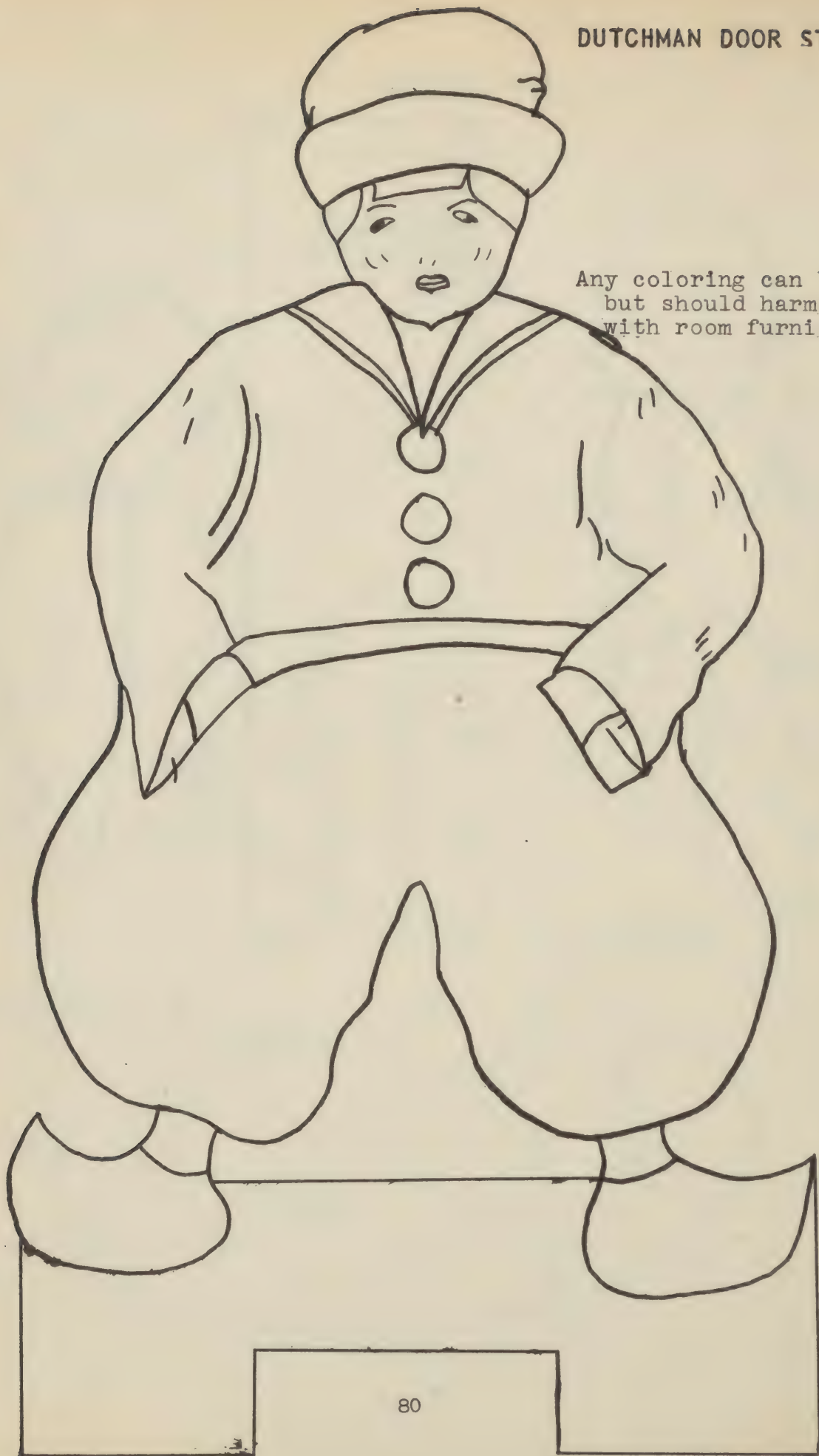
Holes
for
6D
Nail

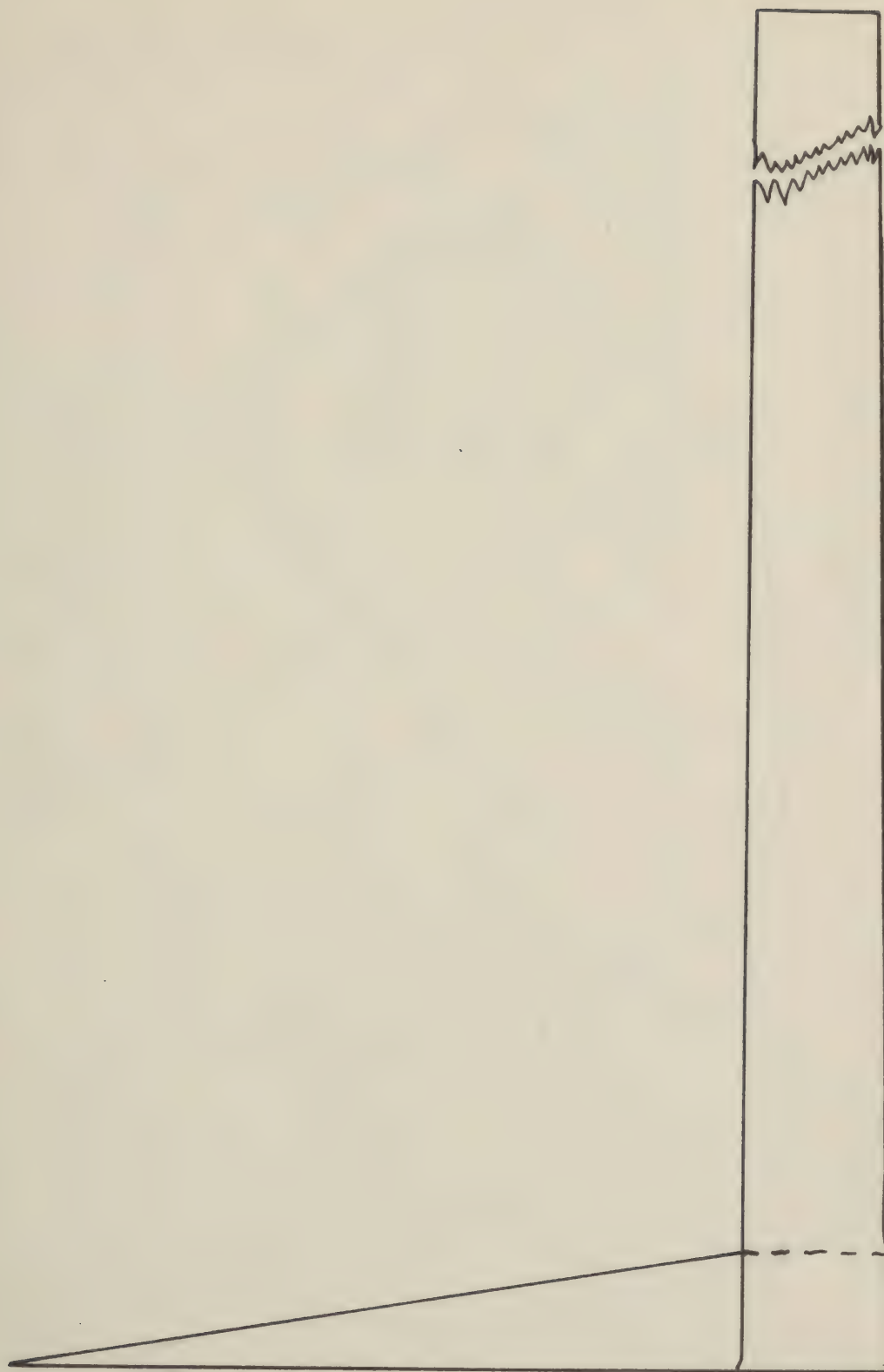


Tap here

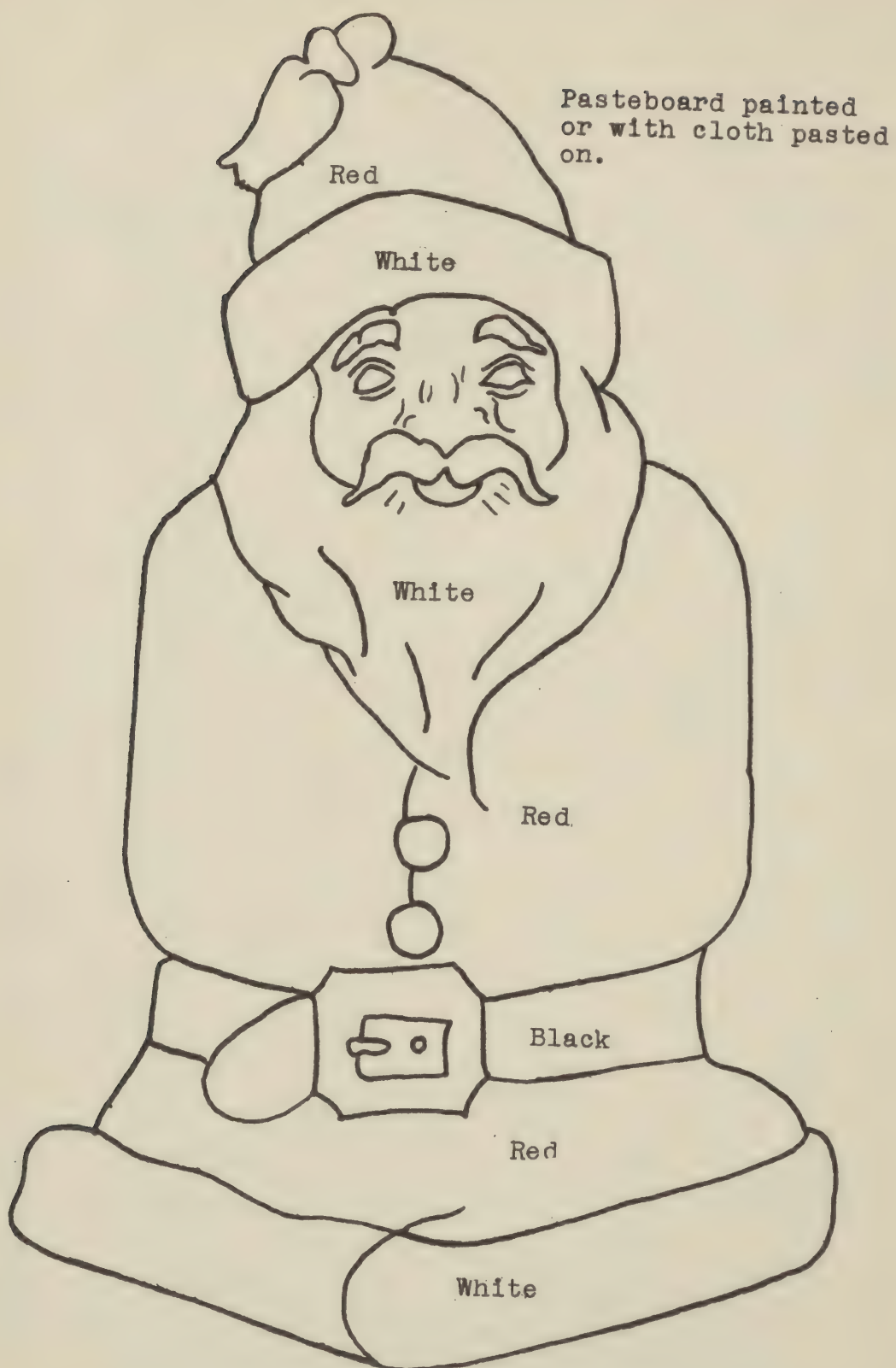
DUTCHMAN DOOR STOP

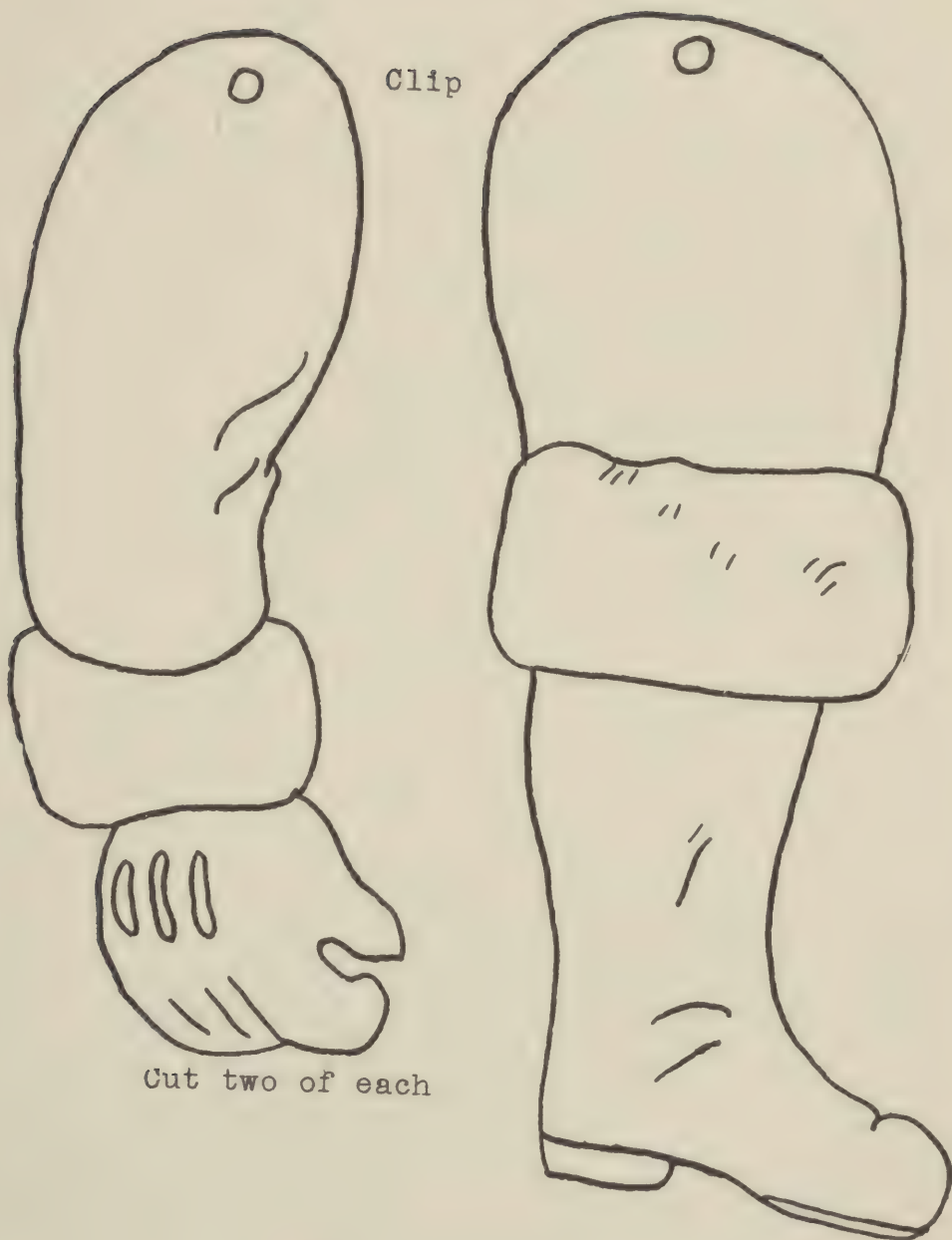
Any coloring can be used
but should harmonize
with room furnishings





SANTA

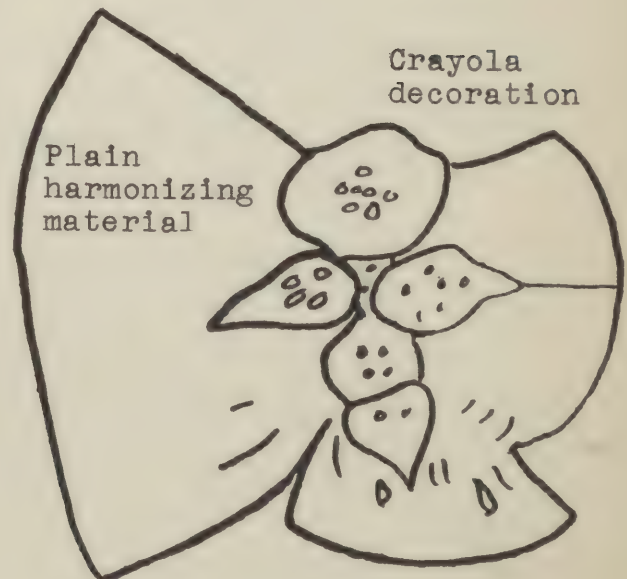
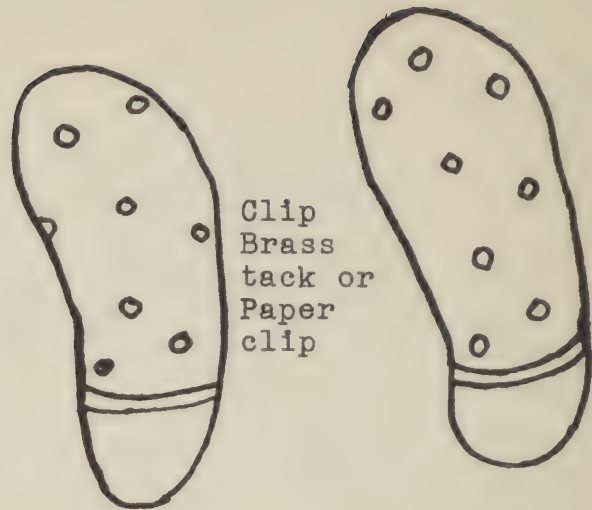
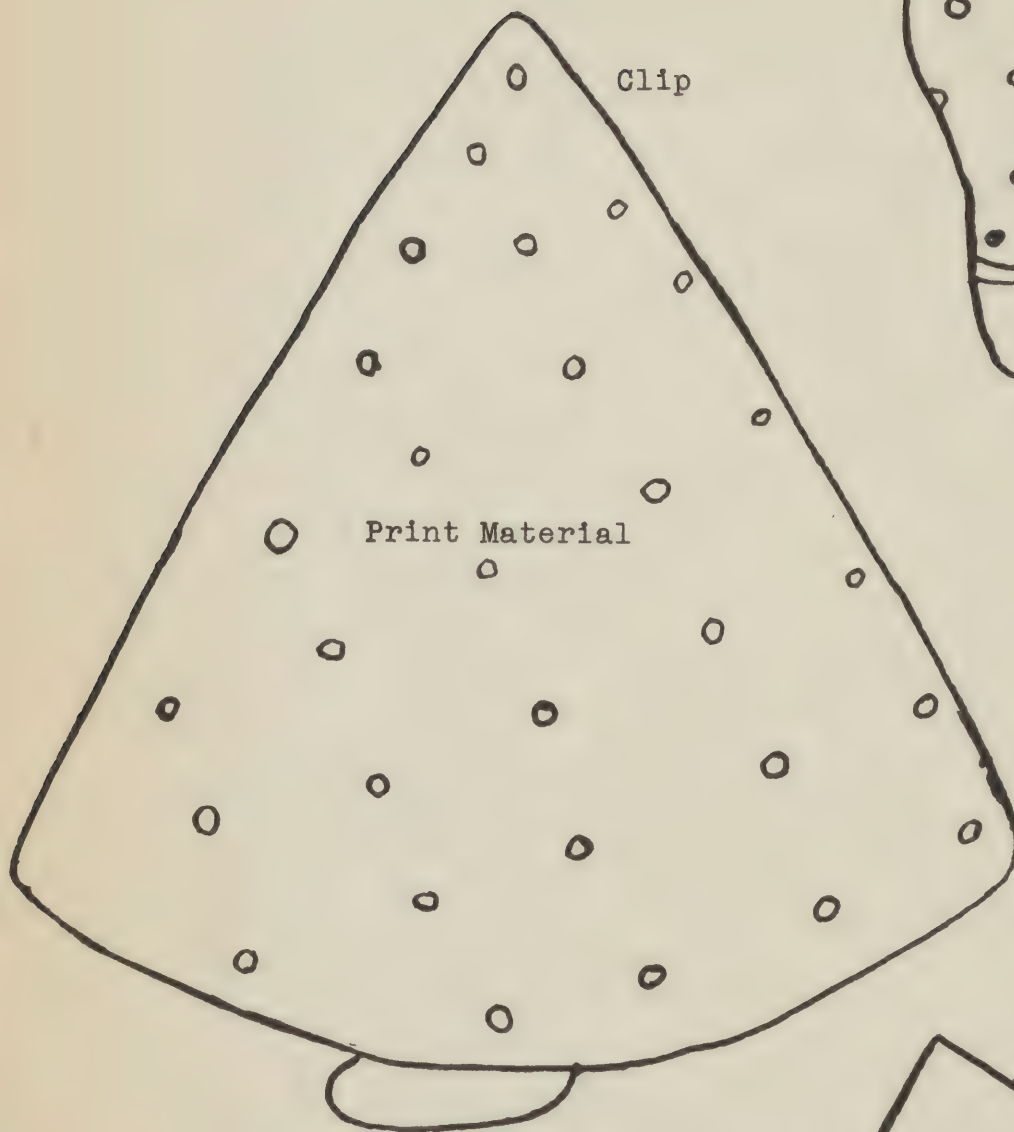




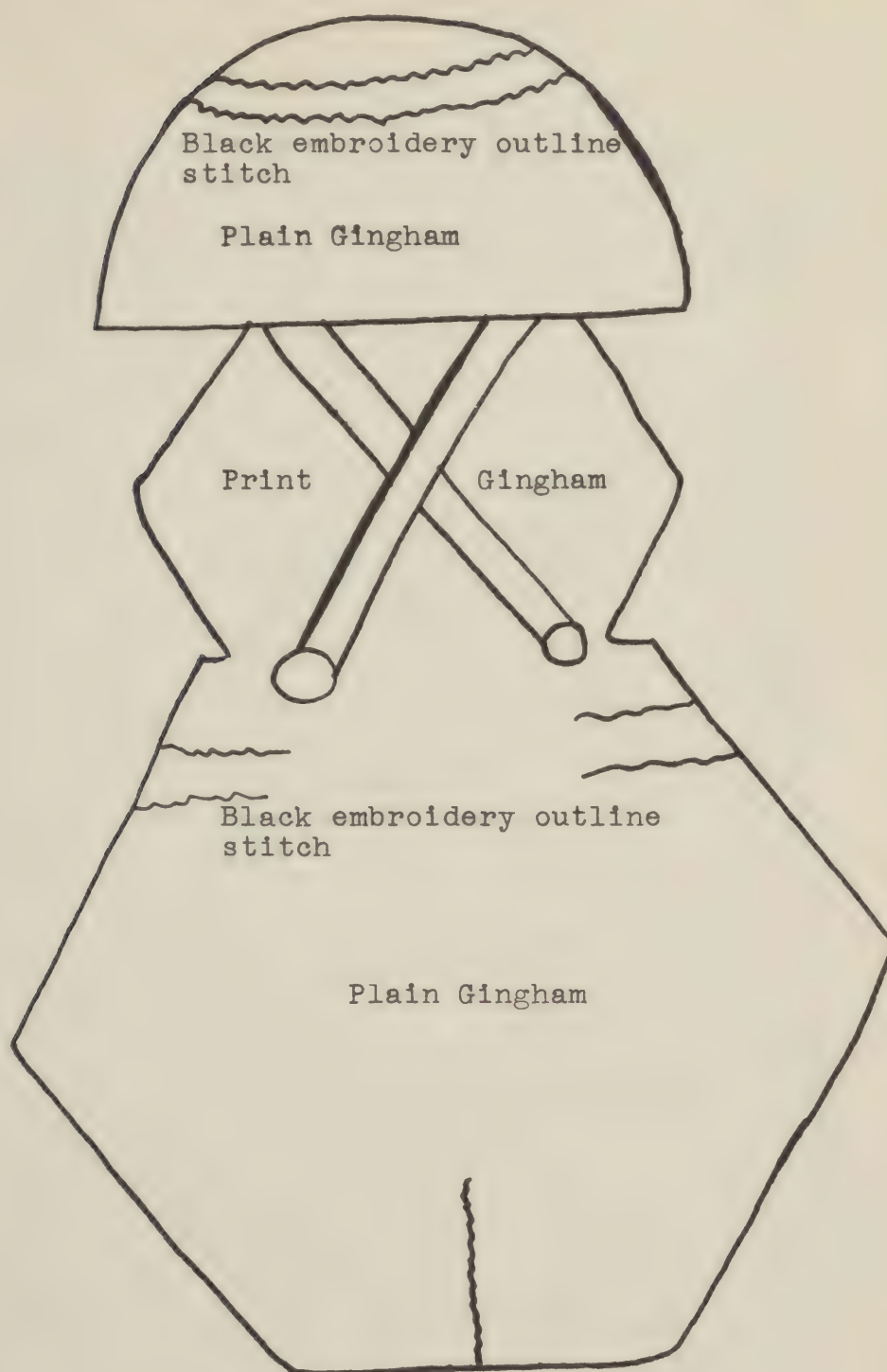
Clip

Cut two of each

SUNBONNET BABY



JACK AND JILL HOT PADS



The patterns are to be sewed on unbleached muslin
stitched pads 6x9 inches.

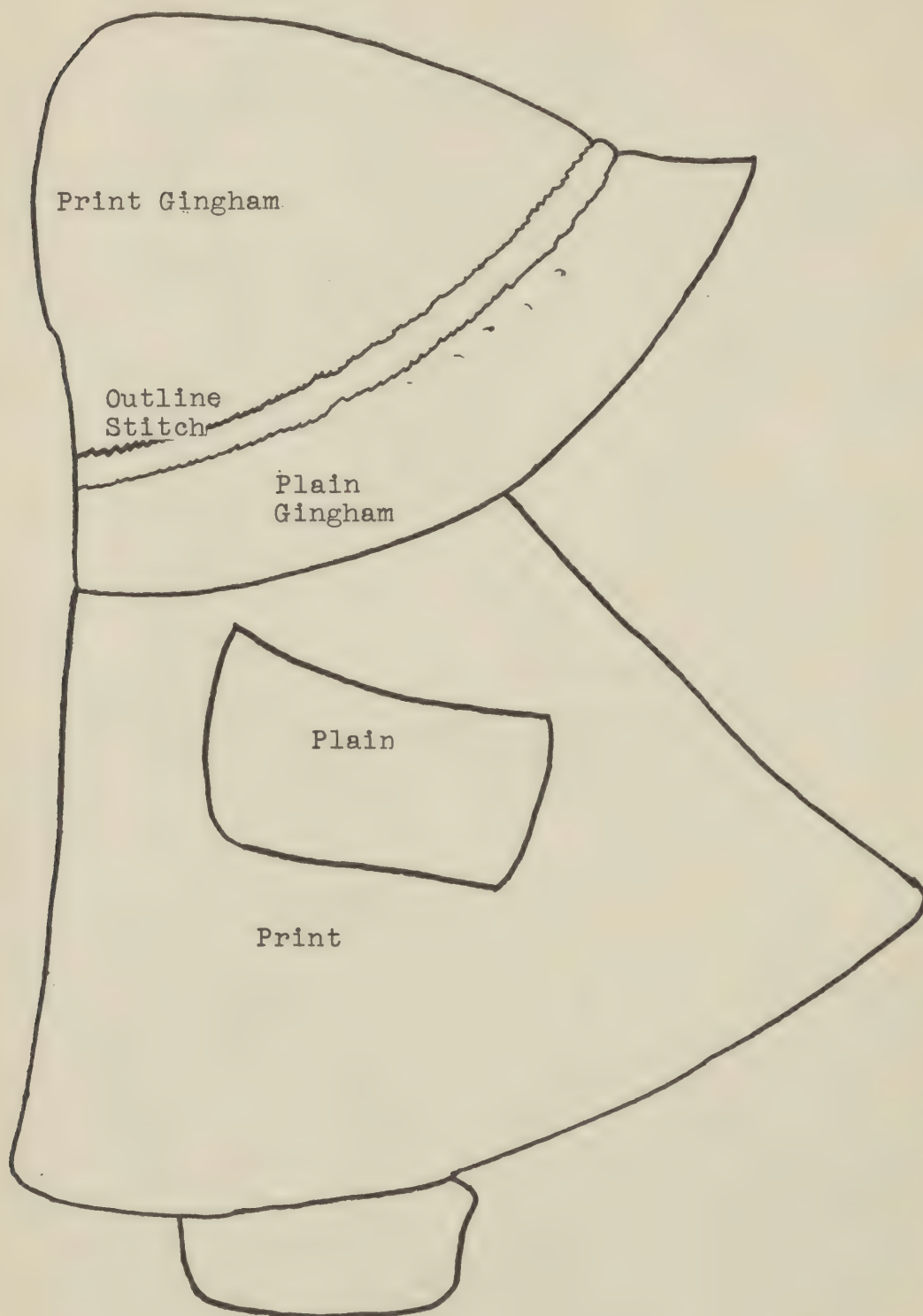
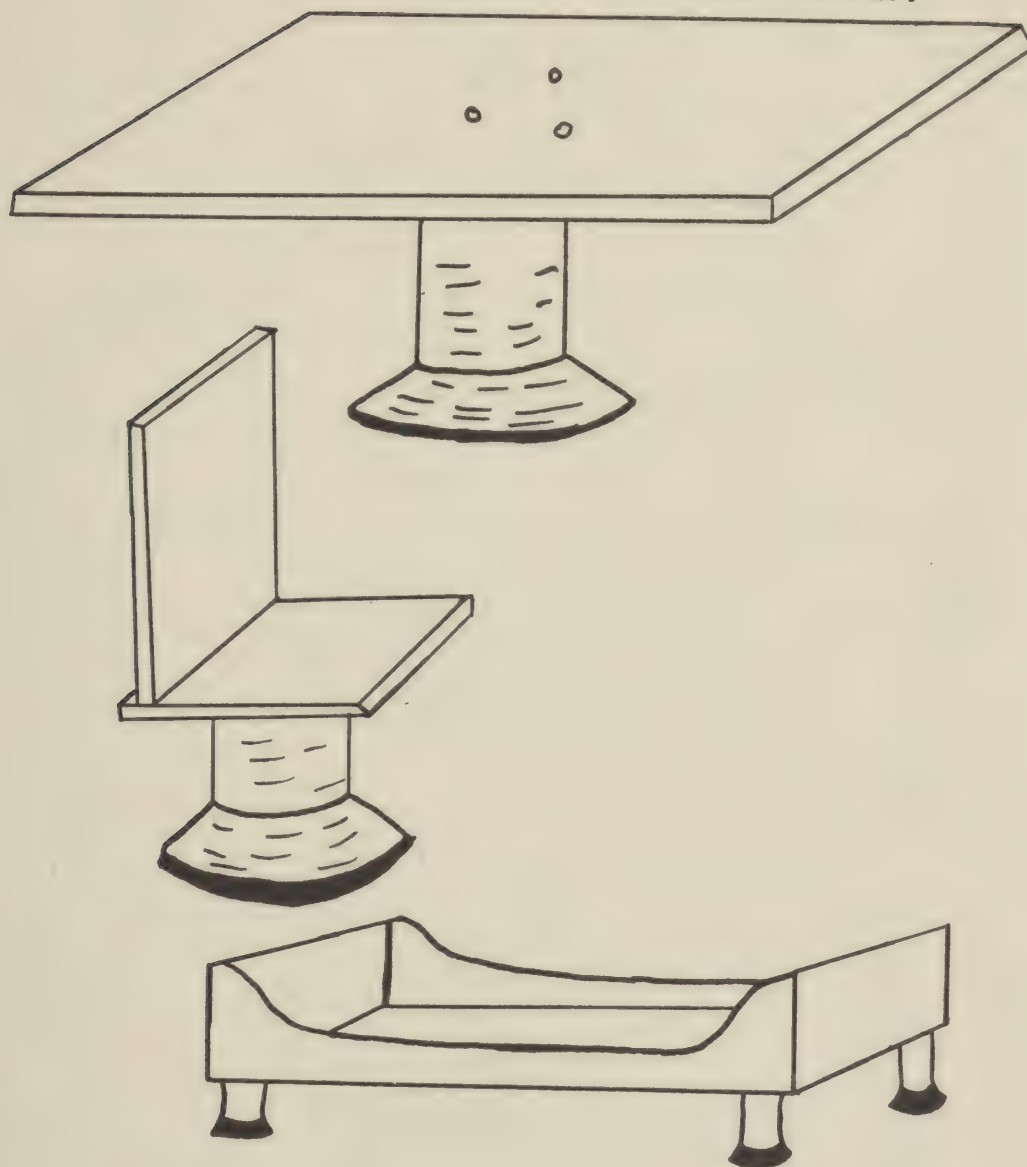


TABLE CHAIR BED

Made from spools and
cigar boxes or thin boards.

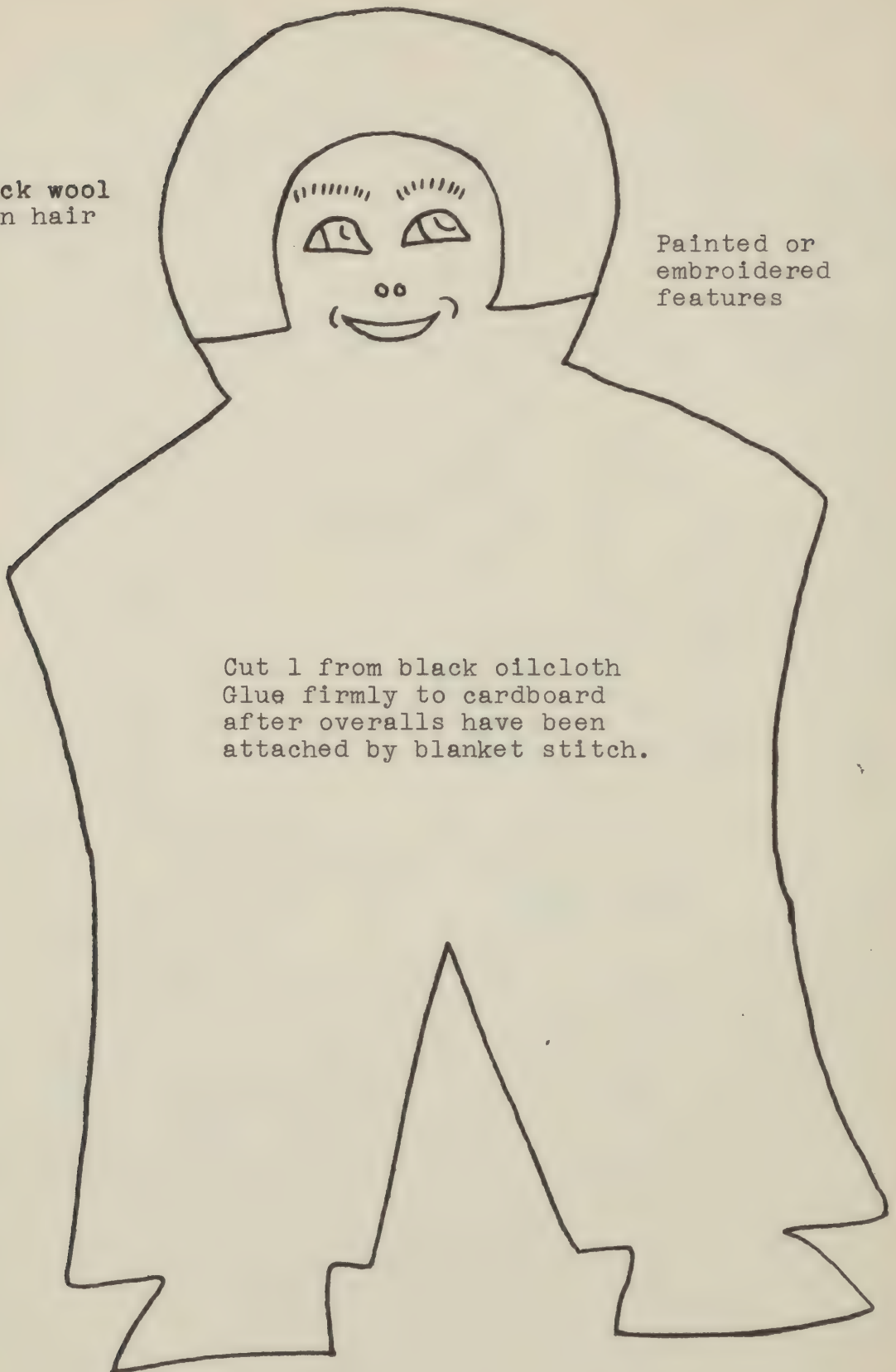


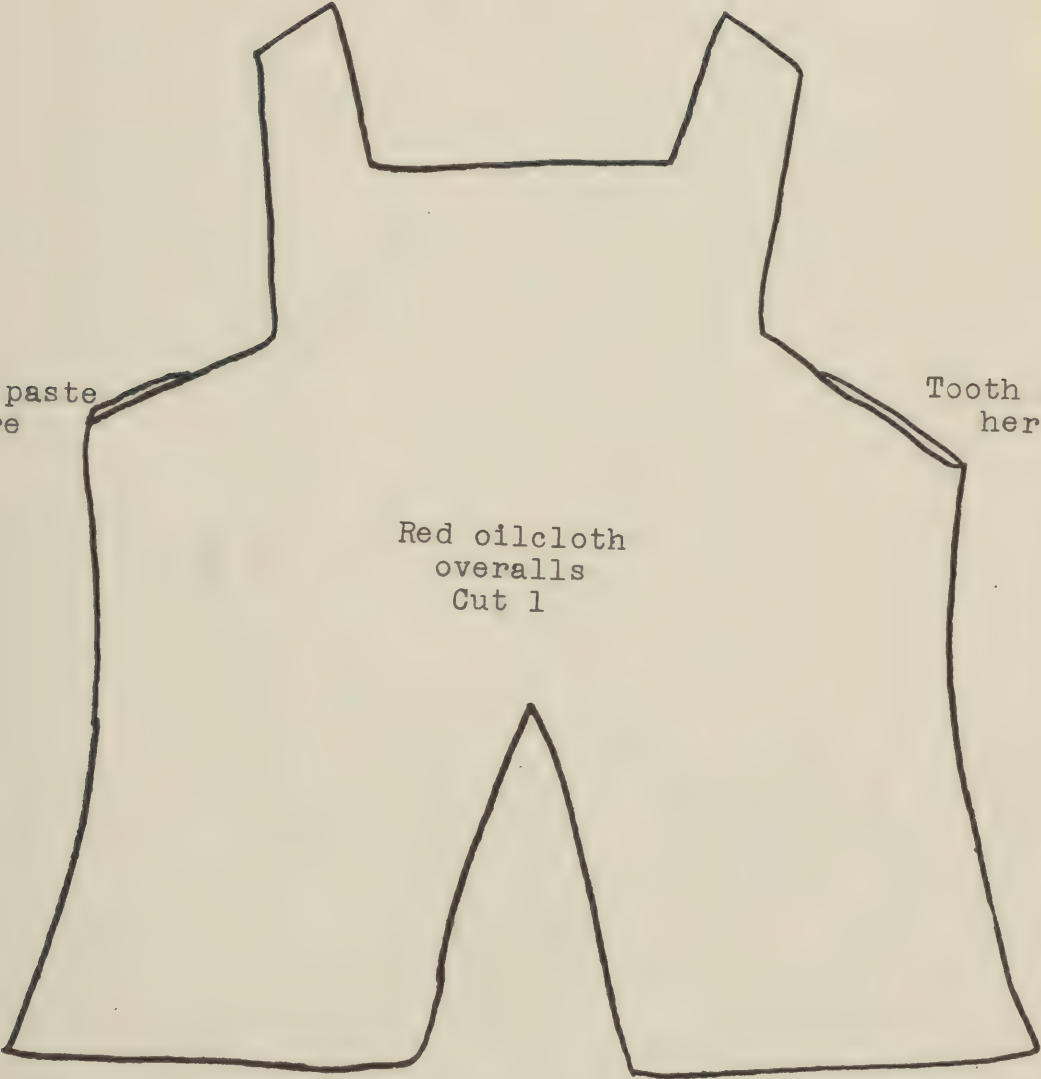
TOOTH BRUSH HOLDER

Black wool
yarn hair

Painted or
embroidered
features

Cut 1 from black oilcloth
Glue firmly to cardboard
after overalls have been
attached by blanket stitch.





Tooth paste
here

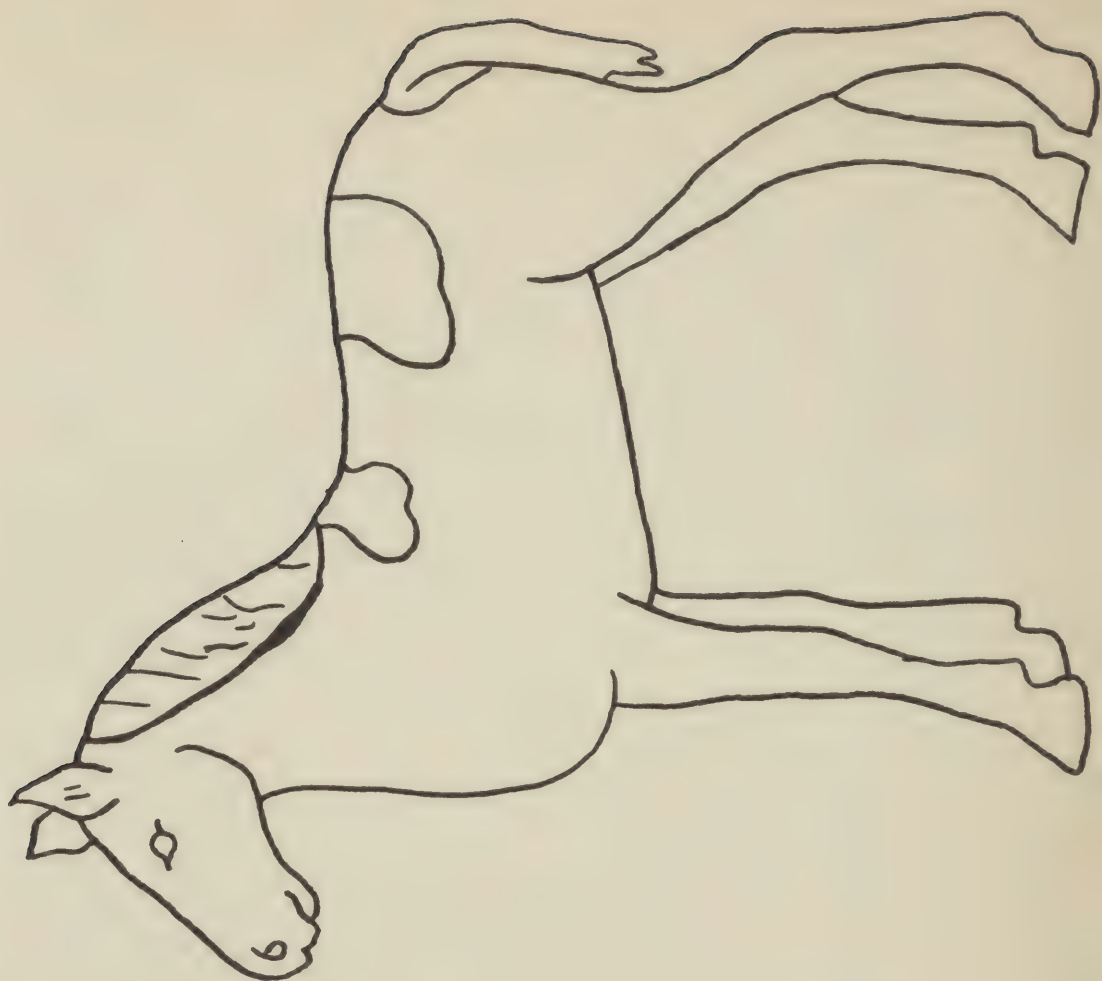
Tooth brush
here

Red oilcloth
overalls
Cut 1

PATTERNS WHICH CAN BE USED FOR
PUZZLES, PULL-ABOUT TOYS, OR
STUFFED TOYS.





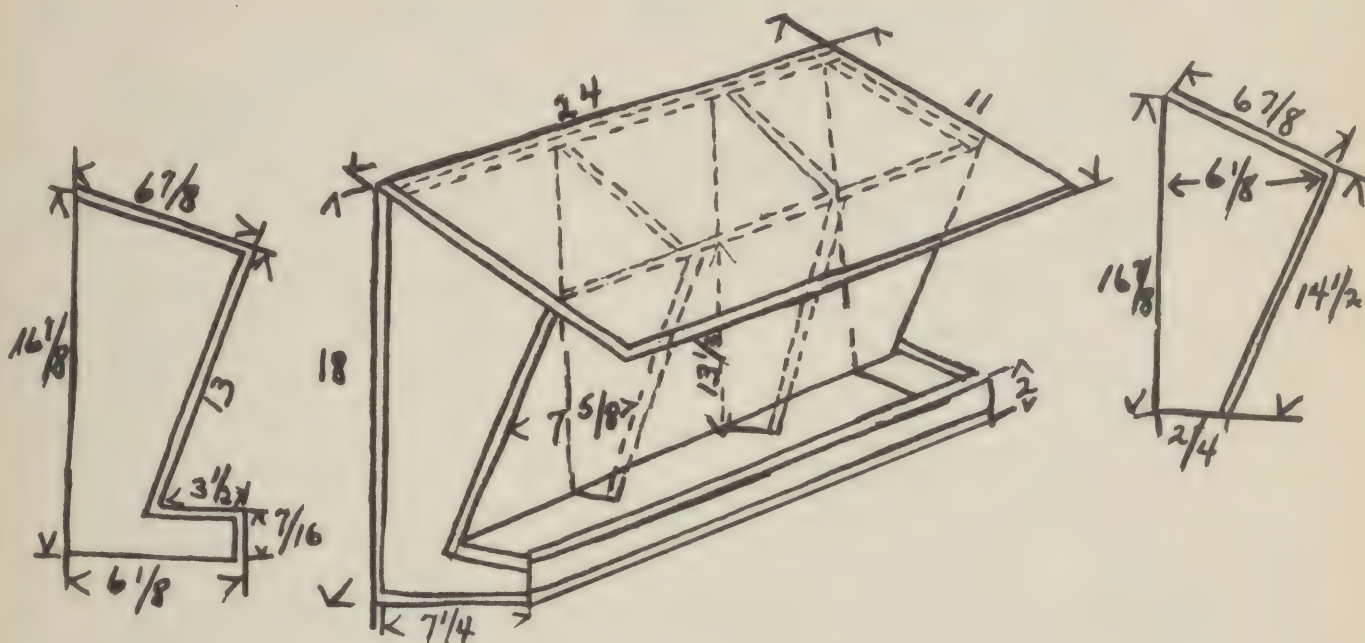






HOME CONSTRUCTION OF BIRD FEED BOXES

Many think winter is a time when it is hopeless or well-nigh impossible to carry on a nature program. The construction of bird feeding houses, however, not only provides an excellent nature project through feeding birds who have a particularly bad time in winter, through observation of their eating habits and experimentation with different kinds of food, but also a very good woodwork project for boys and girls and adults.



Materials needed:

- 4 pieces $9/16 \times 6 \frac{1}{8} \times 16 \frac{7}{8}$ inches for ends and partitions
- 1 piece $9/16 \times 16 \frac{7}{8} \times 24$ inches for back
- 1 piece $9/16 \times 11 \times 24$ inches for lid
- 1 piece $9/16 \times 13 \frac{1}{2} \times 24$ inches for front
- 1 piece $9/16 \times 7 \frac{1}{4} \times 24$ for bottom
- 1 piece $9/16 \times 1 \frac{7}{16} \times 24$ inches for front lip
- 1 pair hinges

Type of feed:

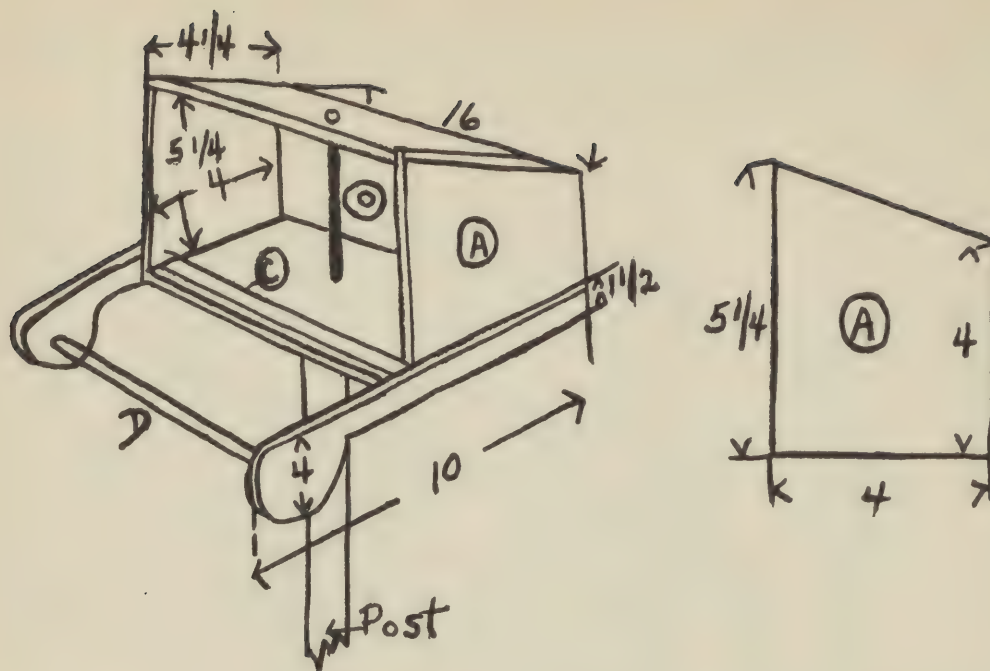
Crushed bones, bird seed, buckwheat, crumbs, cracked corn, crushed peanuts and chopped nuts of all kinds are appropriate.

Materials needed: (see illustration next page)

- 2 pieces $7/16 \times 4 \times 5 \frac{1}{4}$ inches for ends
- 1 piece $7/16 \times 4 \times 16$ inches for floor
- 1 piece $7/16 \times 4 \frac{1}{4} \times 16$ inches for roof
- 1 piece $7/16 \times 4 \times 15 \frac{1}{8}$ inches for back
- 1 piece $7/16 \times 1 \times 15 \frac{1}{8}$ inches for cleat (c)
- 1 piece $7/16 \times 4 \times 10$ inches for vanes
- 1 dowel $1/2 \times 16 \frac{7}{8}$ for (D)
- 1 metal rod $1/4$ inch in diameter for pivot (O)

Method:

Dowel, (D), is fitted into holes bored through the large ends of the vanes. The house is pivoted on a post so that it will be free to revolve with the wind, affording the birds protection while they eat.



Type of feed:

The same as above. A half of apple on a piece of suet fastened to a nail may be relished by the birds. Water is also good.

Taken from Recreation Bulletin Service, New York, with permission.

SECTION VI SONGS

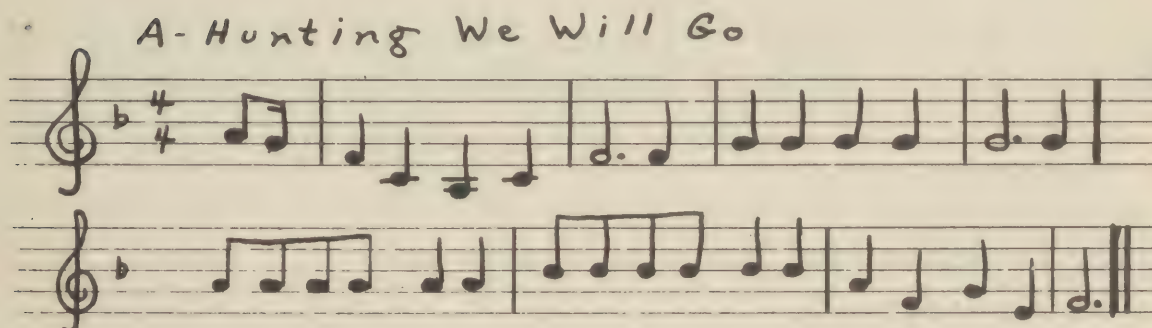
In this section you will find some typical singing and motion games. The motion songs are especially good for bed and spastic patients.

A HUNTING WE WILL GO

Age 8-12

The players stand in two parallel lines facing each other. The head couple takes four slides toward the foot of the line and four slides back. They separate next each going behind his own line to the foot, where he takes his place. The song is repeated with a new head couple.

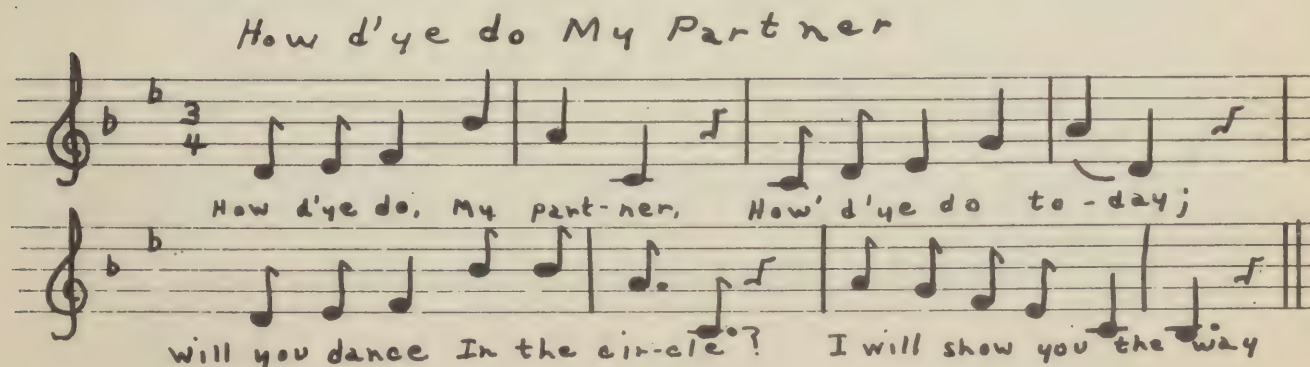
"Oh, a hunting we will go,
A hunting we will go;
We'll catch a little fox
And put him in a box,
And never let him go."



HOW D'YE DO, MY PARTNER

Age 8-12

The players form a circle with one player in the center. They sing the verse through as the player in the center goes up to one person in the circle, curtsies or bows to him, and leads him into the center as his partner. They dance around the inside of the circle while the others sing "Tra-la-la" to the tune. Then the first player takes his place in the circle, and the other player chooses a partner as the verse is repeated.

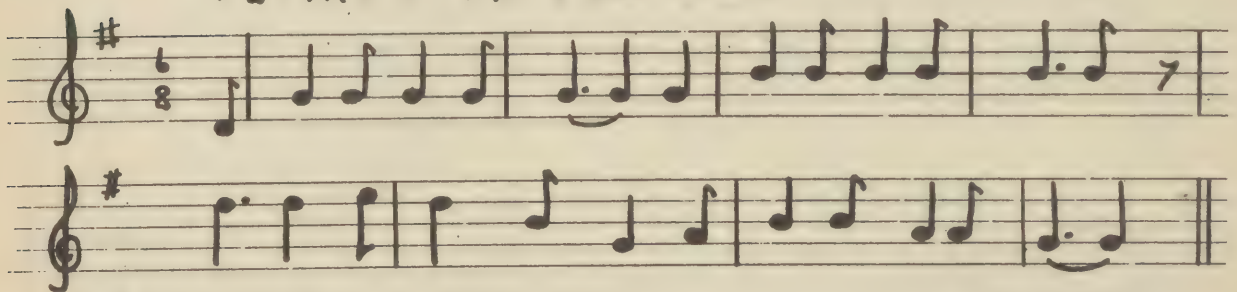


All the players form a circle except one who is the farmer and stands in the center. The players skip around, the farmer singing the first verse. Then they sing the second verse and the farmer chooses a wife and takes her in the circle. The wife chooses a child on the third verse, etc., until the last verse when everybody leaves the center and goes back to the circle except the cheese. The cheese chooses another farmer and the game is repeated.

"The farmer takes a wife,
The farmer takes a wife
Heigh-ho, the dairy- Oh,
The farmer takes a wife."

The wife takes a child, etc.
The child takes a nurse, etc.
The nurse takes a dog, etc.
The dog takes a cat, etc.
The cat takes a rat, etc.
The rat takes the cheese, etc.
The cheese stands alone.

Farmer in the dell



COME LET US BE JOYFUL

"Come, let us be joyful
While life is bright and gay
Gather its roses
'Ere they fade away."

"We're always making our lives so blue,
We look for thorns and find them, too,
And leave the violets quite unseen
That grow to cheer our way."

(Repeat first four lines)

Each boy selects two partners (all players may be boys or girls, however). Then the trios form a large circle around the room. Every other trio faces in the opposite direction.

As they sing score one and two, the trios walk toward each other taking three steps forward and three steps back.

The above is repeated for three and four.

While singing five and six the player in the middle of each trio links elbows with the person on his right and skips around with her in place.

He skips around with the person on his left while singing seven and eight.

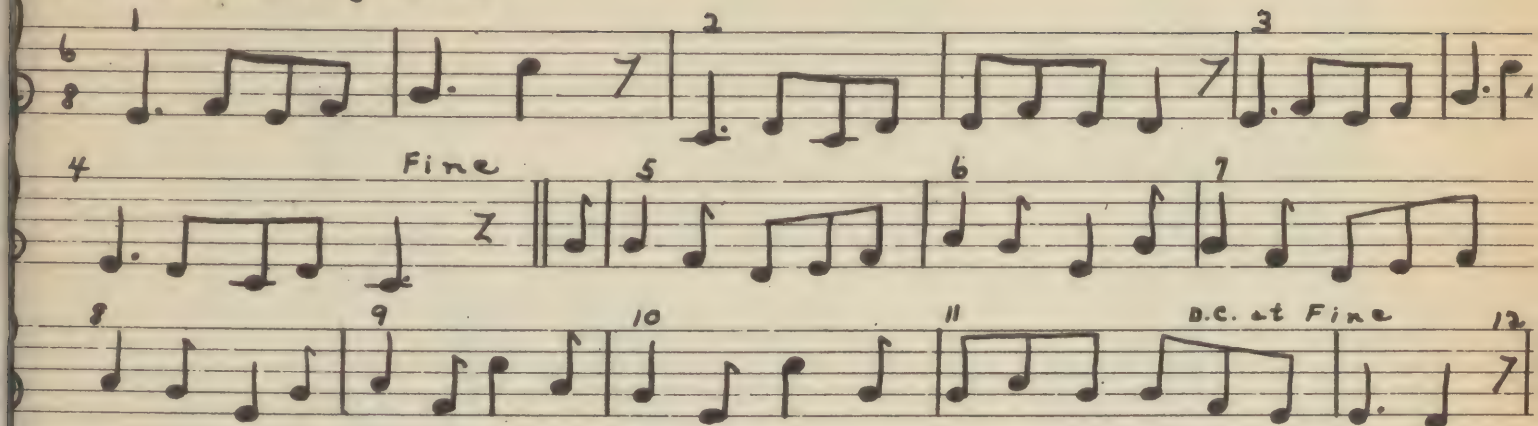
The above is repeated for nine and ten and eleven and twelve. Thus the middle person swings each partner twice.

The first verse is repeated and they repeat one and two, but on three and four, they go on through the trio opposite them passing right shoulder and meet a new trio, and the game is repeated from the beginning.

The game continues until each trio has reached its original place.

Come Let us be Joyful

German Singing Game



LOOBY LOU

All the players form a circle. They join hands and skip around in a circle while they sing the chorus. When singing the verse, they stand still and do the motions while singing.
Example: they put their right foot in the circle behind them, shake it, and turn around.

Other verses are:

1. Put your left foot in, etc.
2. Put your right hand in, etc.
3. Put your left hand in, etc.
4. Put your head way in, etc.
5. Put your whole self in, etc.

Looby Lou

Musical notation for the song 'Looby Lou'. It consists of four staves of music in 2/4 time. The first staff has measures 1 through 4, the second staff has measures 5 through 8, the third staff has measures 9 through 12, and the fourth staff has measures 13 through 16. The lyrics are written below the notes. The third staff is marked 'CHORUS'.

I put my right hand in, I put my right hand out I
give my right hand a shake, shake, shake, and turn myself about
CHORUS
Here we dance looby loo, Here we dance looby light,
Here we dance looby loo, All on a Sat-ur-day Night

THE CROCODILE--Motion Song

"Oh, she sailed away on a sunny summer's day (flutter hands)
On the back of a crocodile.
'You see," said she, "he's as tame as he can be (pat back of hand)
I'll ride him down the Nile" (flutter hands)
The croc winked his eye as she waved them all goodbye (wink eye and wave goodbye)
Wearing a happy smile (outline smile)
At the end of the ride (whirl hands)
The lady was inside
And the smile on the crocodile (outline smile).

The Crocodile

Oh, she sailed a-way on a son-ny sum-mer's day, On the
back of a croc-o-dile "You see," said she "he's as
tame as he can be, I'll ride him down the Nile" The
croc winked his eye as he waved them all good-bye
wearing a happy smile at the end of the ride the
lady was inside, And the smile was on the croc-o-dile

KEEP MOVING

One player is leader. He sings the song and does the motions as indicated. The players repeat the song and motions.

"One finger one thumb keep moving,
One finger one thumb keep moving,
One finger one thumb keep moving,
Tra-la! la-la! la-la!

1. One finger, two thumbs keep moving.
2. Two fingers, two thumbs keep moving.
3. Two fingers, two thumbs, one hand keep moving, etc.
4. Two fingers, two thumbs, two hands keep moving, etc.



"She Sasled Away" Crocodile Song

5. Two fingers, two thumbs, two hands, one foot keep moving, etc.
6. Two fingers, two thumbs, two hands, two feet keep moving, etc.
7. Two fingers, two thumbs, two hands, two feet, one head keep moving, etc.

This game is lots of fun. The leader must know the movements in order and can add any he wishes.

Keep Moving

one finger one thumb Keep moving one finger one thumb, Keep

moving one finger one thumb Keep moving The 12 12 12 12 12

Source books for singing games and motion songs.

1. Baker, C. B., and Kohlsoot, C.
Songs for the Little Child
New York; The Abingdom Press, 1932.
2. Moffat, Alfred
Our Old Nursery Rhymes
Philadelphia; David McKay Company, 1911

3. Coleman, S., and Thorn, A. G.
Singing Time
New York; The John Day Company, 1931
4. Warren, Lorraine d' Oremieux
Kindergarten Book of Folk Songs
Boston; E. C. Schirmer, 1922
5. Dykema, Peter (ed)
Twice 55 Games with Music
Boston; C. C. Birchard, 1924

SECTION VII SPECIAL PARTIES

GHOSTS AND ALL

It's time for spooks and witches and ghostish things again. Perhaps some of these suggestions will fit your party plans.



Invitations:

A little thought will enable you to design a clever invitation using one of the familiar Halloween symbols (ghosts, bats, etc.) as decoration. You might tell your guests in the invitation to come in costume of any appropriate kind.

Decorations:

Decorations may be made a little different by using dead branches or shrubs in corners and on chandeliers and wall lights. Hang cardboard or wire "jiggly" spiders, bats, owls, crepe paper, or real moss on these branches and light them with Christmas tree lights to add to the eerie effect. Use bon ami on the windows to paint skulls, ghosts, and other symbols or cover the window completely with bon ami and paint designs on it with shoe card paints. (Too thick a solution of bon ami and water will cake and peel off.)

Pin cats, bats, etc., on the curtains.



Decorating

GAMES

With Darts: Place apples in a tub of water and let guests throw darts at them rather than ducking for them. Three darts may be thrown by each person and apples speared may be kept. Or take a small pumpkin, suspend it from a wall light so that it will swing and turn. Place a sheet of wall board or corrugated cardboard in the wall back of it so darts will not hurt the wall. Paint numbers on each sector of the pumpkin and set it twirling. Guests throw darts at the pumpkin and receive a fortune keyed from the numbers on the pumpkin.

A mental teaser. If you lived in a graveyard:

1. How would you open the gate? (With a SKELETON key)
2. How would you gamble? (Roll the BONES)
3. What kind of jewels would you wear? (TOMBSTONES)
4. Where would you keep them? (In a CASKET)
5. How would you get money? (URN it)
6. What would you eat? (PYRE cake or BURIES)
7. What would you drink? (SPIRITS)
8. What would you feed the cats? (The REMAINS)
9. By what method move things about (By CARRION them)
10. What would protect you from the sun? (The SHADES)
11. How would you know if a lady called? (You would SPECTRE)
12. What would be your disposition? (GRAVE)

The Old Witch is Dead. Put the group in circle formation. The leader, in the circle too, says to the person on his left, "The old witch is dead." The person on his left asks, "How did she die?", and the leader replies, "With a squint in her eye," squinting his eye. The person on the left then says to the person on his left, "The old witch is dead," and the game continues until all in the group are squinting. The leader then starts again, but replies, "With a squint in her eye and rubbing her head," rubbing his head and squinting. This continues around the circle, and on the third round, the leader replies, "With a squint in her eye, rubbing her head and her foot in the sky." The attempt to hold all these positions throughout the game usually breaks up the game in laughter.



The Old Witch Is Dead

Ghostly Shadows

Hang up a sheet for shadow pictures. A number of stunts may then be used. Some of the guests may walk behind it while others in front guess who makes the ghostly shadows. Groups may pantomime individuals or episodes of past personages or events as Washington cutting the cherry tree. Or objects may be strung on a rope and hung behind the screen while the guests in front try to guess and write down the names of the objects (cup, apple, screw driver, peanut) whose shadows they see.

Halloween Wills.

Tell the guests that dire things may befall on Halloween and in order to be prepared they should make their wills. Hand out pieces of paper and number 1-5 in three columns across the paper. At the top of the paper is written "The last will of _____." Each guest writes his name in the blank and in the first column writes the names of his five most precious possessions. The first column is then folded under out of sight and the papers are passed three or four persons to the left. This person writes the names of five people to whom the possessions are to be left. The column is turned under and the papers passed. The last column is filled with five uses for the unseen objects. The last column is filled with five uses for the unseen objects. The wills are passed again and then unfolded and read aloud.

Skeleton Tag

Players form a large circle and extend left hands toward the center. An extra player with a bunch of keys runs counter clockwise around the inside of the circle with his right hand extended. As he runs he takes one of the players by the left hand who in turn takes another and so on, the line continuing to grow until the leader drops the keys. All then dash back to their places, and the last one to reach his place must do a stunt as a forfeit. The game continues.

Taken from National Recreation Association, 315 Fourth Ave.; New York, with permission.

PAPER BAG MASKS

Reducing mask-making to one of its lowest denominators, we come to the paper bag mask. These masks are fun to wear to a party or in an impromptu play, or making them may be an event on a party program, with prizes offered for the best. In addition they effectively hide the identity of the wearer at a masquerade and are comfortable to wear.

Materials:

Number 20 paper bags for adults and number 14 for very small children will provide the basis for the mask. Get these at the grocery store. They may or may not have the flat bottoms as do those shown. Either type is satisfactory. You will need crayons or paints, scissors, paste, colored or crepe paper and pins.

Method 1. Cut the seams of the bag up partway so the bag may be slipped over the head. (See figure 1)

2. With a pencil mark on the bag the position of the eyes, nose and mouth. The wearer can do this for himself with the bag on his head. (See figure 1.)

3. Remove the bag, flatten, draw on features boldly. Outline eyes and chin, color in hair, eyebrows, mouth, nose with crayons or paints.

4. Cut off the bag at the chin level (see figure 2) and cut out the eyes. Try on, trim again, if necessary.

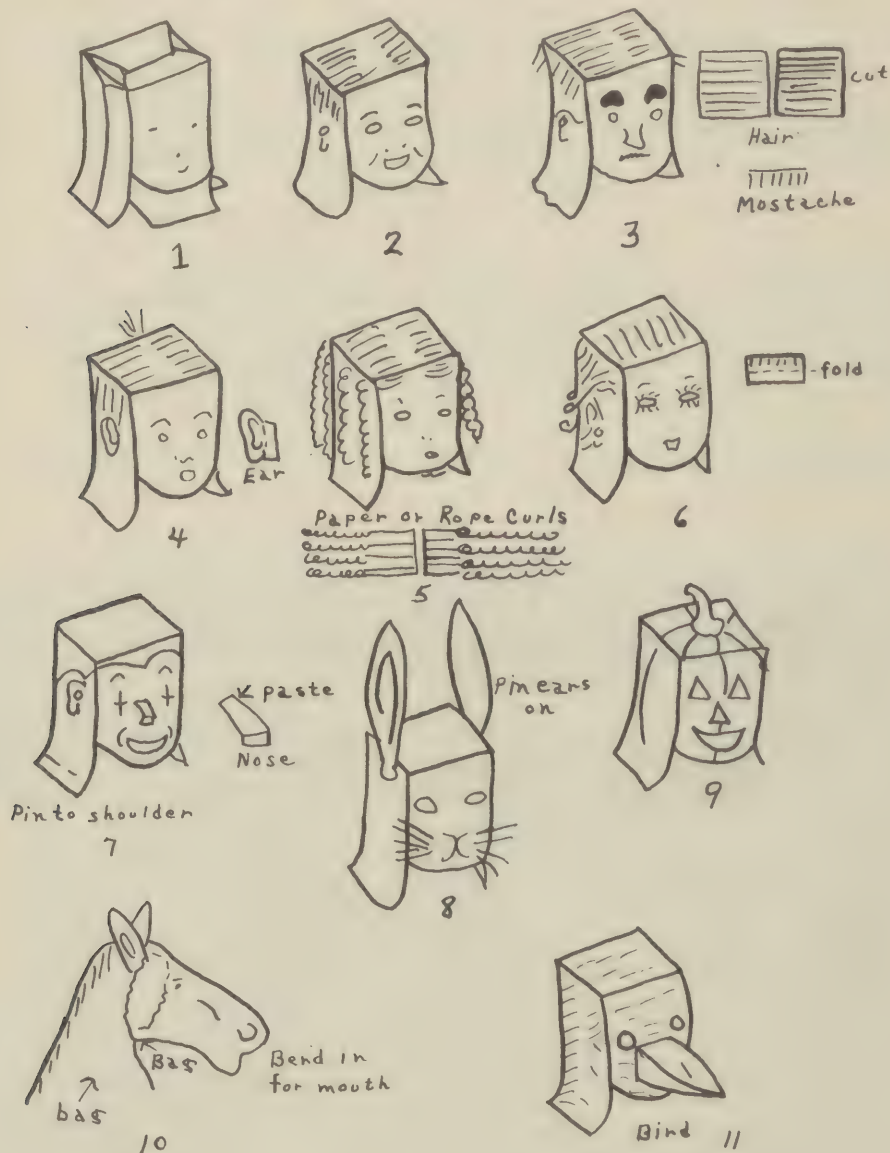
Variations:

Variations of the simple basic pattern described appear in the following diagrams.

Features Hair and a mustache of crepe paper, crayoned or painted paper, or ravelled rope as shown in figure 3. Ears are "appliqued" in figure 4, crepe paper or ravelled rope form the curls in figure 5, and movie star eyelashes in figure 6. The slits in the lower edge of the eyelash (see pattern) permit the lash to be bent to follow the curve of the eye aperture without buckling. Curl the eyelash on a pencil. A nose is applied in figure 7 and may be elaborated upon by making a wedge-shaped box and pasting it on. Animal whiskers and ears are shown in figure 8 and a pumpkin stem in figure 9. Another arrangement of the bag is shown in 10 and a bird's bill in figure 11.

Types of heads Many kinds of heads may be made. The drawings show the boys and girls, a flapper, a be-whiskered man, a clown, animals and a holiday symbol (pumpkin). All these may be further developed and varied. In addition grotesque characters, historical personages, story book and comic strip folk and various nationalities and races may be represented. The masks make effective head pieces for modern, Indian or other dances.

Hints Provide extra sheets of paper the size of the front of the bag so maskmakers may sketch their ideas out first. Let each work out his own mask. Hold a contest for the best, most original, funniest and so on. Children should not wear masks to or from a party since the masks might slip and blind the child while crossing a street. Children often like to put faces on the front and back of their masks for fun.



FOR A VALENTINE'S DAY PARTY

Invitations. You can make very attractive invitations on white paper hearts, using red ink for the writing and small red hearts in place of the word "heart" or words containing "heart" as in the invitation just below.

"With all my ♥ I give you a most ♥-y
invitation to my Valentine party, Monday,
February fourteenth. I shall be ♥ -
broken if you do not come for we'll have
a ♥-y good time. Be kind- ♥ -ed and
come so I'll not have a ♥ -ache.

Yours ♥ ily

Name

You can decorate your curtains with hearts.



Making Valentine Decorations

Matching Hearts. Make two sets of red paper hearts, each set containing as many hearts as there are people. Number each set, using consecutive numbers, and starting with one. Seat the persons in a circle. Give each one a heart from one of the sets. The leader holds the second set in which the hearts are shuffled. All start passing the hearts to the right, to music, but when the music stops, the passing also stops. The leader then looks at the top heart in his pile and calls out the number. The person holding a duplicate heart is given the leader's heart. The game continues until all the leader's hearts are given out. Players then count their hearts, and the one with the most is given a prize. To make the game more exciting, one may omit one number from both sets and a black heart be included in the player's set. Then when the music stops, the player holding the black heart must perform as the leader dictates.

Valentine Hunt. Hide Valentine favors around the room, each one having on it the name of one of the players. No one is allowed to tell another player where his valentine is, but



Putting Up Decorations

each must search until he finds his own. Prizes go to the one who first finds his favor and to the one who is last.

Heart Toss. All the players take hold of the edges of a sheet, pulling it out flat. Put a large number of red paper hearts in the center and tell the players to toss them as you would a person in a blanket. Start very gently, but when the signal (a whistle) is given, players are to toss the hearts vigorously, making them fly in all directions. The sheet is snatched out of the way as the hearts fall, and everyone scrambles to see how many he can get. These may be exchanged for candy hearts.

My Sweetheart. Seat all the players but one in a circle. The extra player goes to someone of the opposite sex and kneels before him (or her), saying, "I love you, Sweetheart," without smiling or laughing. If

he or she smiles or laughs, the two must change places and the smiling one finds someone else to tell of his love. If he does not smile, the kneeler repeats the statement twice, requiring an answer and a pat on the head each time. Failure to smile or laugh in three trials, makes the kneeler "it" again, and he or she must try again elsewhere. Several persons may be chosen to the kneelers if the group's a very large one.

Taken from National Recreation Association, New York, with permission.

MAKING CHRISTMAS CARDS

1. Stain-glass windows. These cards look like stain-glass windows when finished. In a folder or card cut out a window in the church style. (Use mucilage that looks like glue). Paste over the back of this a sheet of clear cellophane. Draw a design for the window on another piece of paper. Color it and lay the window on it. Now paint the design showing through the clear cellophane directly on the cellophane in oil, ink or water colors. Let it dry. Outline figures and put in, leading with India ink. Very effective windows can be made by cutting out the figures in other colors of cellophane as a blue Virgin and yellow halo and pasting these on the clear window. Since pencil does not show on cellophane, trace in ink from your original design and cut out several parts at a time by folding the paper. Outline and leading can be put in in ink. If an error is made, the ink can be rubbed off with a moist cloth. If pasting warps the paper a trifle it only makes it look more glass-like. Look at a church window before you begin to see the form, the dominant colors (blue, green, red) and the way leading follows form. Small cards with windows cut in one end and cellophane pasted in, laid over a single figure - wise man or cradle-- which is inked ink, make an effective silhouette.

2. Spatter prints. Spatter prints are made by laying a twig of Christmas green, cut-out letters or a cut-out pattern on the card and spattering a fine rain of show card paint or ink over it by rubbing a toothbrush dipped in the paint back and forth over a screen held above the card. When the spatters are dry, the cutouts or plant is removed. White or green or purple gives a luminous effect. Full directions for spatter prints appeared on page 42.

3. Block prints. Draw the design on paper. Put it on the window (lines against the glass) and trace the design through on the back. Trace the reversed drawing onto a linoleum block using carbon paper. Now cut along the edges with a thick-edged razor, pen knife or linoleum tool slanting out away from the design. Dig the background or design, as the case may be, an eighth of an inch down. Ink with a roller and printer's ink (obtainable in print or art shops) and then turn over on a card placed on several layers of newspaper. Hold firmly with one hand and pound evenly with a hammer or mallet. Remove the block and there you are.

4. Mounted pictures. There are many attractive and oftentimes quaint and charming post-card size pictures in the stores at Christmas time. Some of these have a Christmas theme; others do not. Mount some of them on colored paper (the dominant tone of the picture perhaps) leaving about a quarter inch margin all around, and then paste, top only, in a grey or colored, heavy paper folder, seal and send as a combined greeting card and a "giftlet." These are attractive to put on the mantel or on a bedroom wall as permanent decorations. If you can paint or draw such a picture, so much the better.

5. Stencil: Cut out a figure with a razor blade from the center of a piece of heavy oiled paper such as the side of butter box. Use a figure similar to the candle. Lay this cut-out on the card and paint or crayon the center of the candle and holder. Lift up the wax or oil paper and your design appears clearly outlined on the card. Oil paints work better than water colors, but if you use a dryish brush and take care, water colors will not run under the margin of the cut-out and blur the outline. Holly borders and small figures can be done quickly and well this way. Stencils can be done on cloth most effectively. Use a stiff stencil brush. Mount the cloth on a card to make an unusual card.

6. Cut-outs. It is not necessary to use fancy methods and materials in making cards. Both children and adults can make very attractive cards by cutting out the parts of a design in various colored papers and pasting them, poster style, on paper.

7. Potato and eraser prints. Cut small Christmas figures - holly, candle, wreath, - in an art gum eraser or in a potato. Apply ink or paint with a brush and print the design in the fashion of block prints. You may use these prints in the upper left corner of a card which will bear a written greeting in bright ink, or work them into an all-over repeat design for a card.

8. A bit of realism: Tie a bit of real Christmas green to the card with red or silver ribbon and write a greeting in poem form. Or make a cut-out Santa Claus and paste on fur or cotton for whiskers and the fur on his suit. Or buy metal powder or flakes obtainable at art and stationary stores in all colors and sizes of flakes. Place a little glue or paste in the crotches of snow covered trees or on the snowman or flame of a candle and sprinkle on the powdery flakes. As it catches the light, it will sparkle and shine like metal. The fine metal powders, when sprinkled on a wet block print, make it look like burnished metal.

Taken from National Recreation Association, 315 Fourth Avenue, New York, with permission.

CHRISTMAS WINDOWS

Christmas windows or transparencies will not only help to fill a room with Christmas spirit but will provide a handcraft project appealing to all ages.

1. Wrapping paper windows are the simplest kind to make. They may be pasted on windows or hung on the wall. Sketch a window on a small piece of paper. When it is satisfactory, cut a large piece of wrapping paper and draw the outline of the window on it in the desired size. Sketch in the design with pencil or chalk and then paint in the design, indicating leading and panes in black.

2. "Oiled" glass windows are made in the same way. When the painting is thoroughly dry, however, paint linseed oil on the back with a brush, saturating the paper and thereby making it translucent and parchment-like. Wipe excess oil off with a soft cloth but do not put up the window for two or three hours so that any excess oil will be sure to be absorbed. Thumb-tack this window in the frame of one of the windows in a room.

3. Bon ami windows are made by covering the window with Bon Ami in powder form and mix it with the colors desired and then paint these mixtures on the window directly. The mixture will have the necessary body and will be easy to remove.

4. Cellophane windows are not difficult to make. Use colorless cellophane, painting on the figures and using black India ink or show card colors for leading, or use colored

cellophane, pasting cut-outs of appropriately colored cellophane on a background of clear cellophane or blue, for night scenes, and yellow for daytime scenes. Use glue or glue-like mucilage (the nearly colorless kind) for pasting.

5. Crepe paper windows are described by the Dennison Craft Studio in New York in a one-page bulletin. Crepe paper transparencies are made by cutting out a silhouette in black paper and gluing or pasting it on appropriately colored or white crepe paper which has been stretched. Cut out two complete borders or frames of black stock mat and paste the transparency between the two frames. Thumbtack the transparency to the window casing with a border of reflected lights hung behind it or hang it on the wall, where it becomes a silhouette rather than a transparency.

6. Silhouette windows can be made by pasting a black silhouette directly on a window.

HINTS TO HELP YOU

1. Make a wooden lath frame the size of a window casement. Thumbtack or nail (with a strip of lath) the paper to the frame. The effect of a Gothic or Norman window can be attained by leaving the top corners of the paper blank or putting in only a simple scroll-like design.

2. Put in leading with black. Note the way leading is applied in church and other stain glass windows, and the colors most commonly used.

3. If a paper window is to have regular small panes, the design may be sketched on small paper and can then be easily and quickly enlarged by copying what is in each small pane on the larger corresponding squares of the larger pattern. By dividing any design into squares marked lightly on the paper, the design can be transferred to a larger pattern by dividing it into similar though larger squares whatever the shape of the pane.

4. Chalk is good for sketching designs on windows or on the larger paper windows since it is easily erased if lightly used.

5. To make the windows effective as transparencies at night, place lights between the glass window and the paper window which is attached then to the very inside of the window frame.



THEMES AND VARIATIONS

There are numberless themes for these windows. At Christmas time shepherd, the manger scene, Bethlehem at night, the three wise men, Santa Claus, reindeer, toys, candles, trees, and wreaths make interesting windows. Other holidays and festive occasions may be celebrated with pumpkins, witches, cats, turkeys, hatchets, silhouettes of animals or flowers, hearts, and story book characters to mention only a few of the possibilities. The windows may be further varied to include shades for electric lights and candle centerpieces.

Hints on Decorating for Christmas. Pine and hemlock cut in large branches or sprays show to best advantage when set in inconspicuous containers in corners or on low pieces of furniture. A branch laid on the piano or on a cleared mantle is effective, and even more so when cones are placed with it in a natural fashion. High places, wall containers and open doorways need falling greens such as the many berried vines and shrubs available in winter. The room as a whole should be considered in decorating, the idea being not to fill the room artificially, but to "introduce new accents of fragrance, color and form."



Children like to make decorations for their Christmas trees. Some easy things to do are as follows:

- String popcorn
- String cranberries
- Make paper stars for lights
- Make paper bells
- Make paper chains
- Make crepe paper strands

Candle holders. Cut lengths from branches of gray or white birch, or any tree, and bore holes in one side for candles. The resulting candle holder will make an attractive decoration for the window or the center of the table or a gift which will be greatly appreciated. A "log" 9 to 12 inches long and 2 inches in diameter with from 3 to 5 holes is a good size. Flatten the bottom of this miniature log to keep it from rolling or add small crosspieces cut from a smaller branch. Be careful not to mar or crack the bark in cutting. A red bow and greenery about the log will increase its attractiveness.

LANTERNS FOR CHRISTMAS CAROLLERS

If you are going carolling this Christmas, you will want to carry a lantern as the Waits did of old. Here are two designed from boxes you can easily obtain, using a flashlight instead of a candle for illumination.



Oatmeal Box Lantern. Cut out the squares with a sharp knife; if they are not exactly straight, the lantern will be authentically antique in appearance. The flashlight button can be reached through one of the squares to be turned on and off. As protection the wires holding the flashlight in place are essential, and they also provide a handle for the lantern itself. The flashlight is put into position from the inside through a hole cut in the back of the box, the closer the fit, the better the job. Slip the top of the lantern over the wire handle, using either a nail or a small stick; give your wire handle a turn around the nail or stick and your lantern top will be secure. Deep orange cloth or heavy paper may be pasted behind the cut-out squares, leaving the top left piece loose so that you can get at your flashlight switch. The box itself can be covered with dark paper or be painted with poster paint or India ink. The lantern will give a good clear light and will be useful as well as decorative.

Tin Box Lantern. Use the bottom of your box for the top of the lantern. An ordinary can opener is the tool for making the slit for the handle of your flashlight, an ice-pick or a nail will make holes for a punched design in the

top, sides and bottom. Larger openings can be made with the can opener and waxed paper or cellophane pasted over them. The shiny tin will serve as a reflector of light. Use two pieces of wire to hold the bottom of the flashlight in place, fastening it in one corner through holes punched in the tin. Then make a loop around the flashlight and secure it firmly in the opposite corner. After the flashlight is turned on, replace the bottom (originally the top), and the lantern will be ready for use.

Taken from National Recreation Association, 315 Fourth Avenue, New York, with permission.

SUGGESTED TOYS FOR CHILDREN

Toys for child up to two years:

Colored blocks, small
Rattles
Small trains
Balls, small
Bells
Rubber toys that float
Small kitchen pans
Hanging toys, brightly colored
Peg boards--hammer and nails
Rag dolls
Rag and oilcloth books
Pull toys, animals, cars
Push toys
Kiddie-Kar

Two to Five Years

Wagon
Small slide
Scooter
Throwing games
Balls
Blunt scissors
Colored paper
Tinker toys
Picture puzzles (ten pieces)
Simple tool chest
Doll carriage
Housekeeping toys
Trains
Engines
Boats
Broom (play)
Sand box (and equipment)
Dishes
Modeling clay
Drum
Crayons
Animal games
Scrapbooks
Circus sets
Toy telephone

Six to Ten Years

Swings
Croquet set
Kites
Sleds

Six to Ten Years (Cont'd)

Bicycle
Books, adventure
Puzzles, wire, wooden
Chemistry sets
Games:
Checkers
Bingo
Monopoly
Lotto
Pingpong
Marble
Old Maid, etc.
Block printing
Weaving
Painting
Woodwork
Spatter printing
Metal work
Soap carving
Model airplanes
Costumes (Indians, cowboy)

Ten to Fourteen Years

Boxing gloves
Model airplanes
Bicycles
Basketball
Kodaks
Anagrams
Travel games
Card games
Collections, stamps and coins
Wood carving
Badminton set
Tennis
Electric motors
Maps
Fishing
Board games
Wood burning
Outdoor games
Typewriter
Archery
Radio sets
Shuffleboard

CLASSIFICATION OF NORMAL ACTIVITIES

Baseball	Heavy
Basketball	Heavy
Bicycle Riding	Moderate
Bowling	Mild
Darts	Mild
Deck Tennis	Moderate
Golf	Mild
Hopping	Moderate
Horseback Riding	Moderate
Ice Skating	Heavy
Roller Skating	Moderate
Running	Moderate
Shuffleboard	Mild
Skipping	Moderate
Swimming	Heavy
Tennis	Heavy
Walking	Mild

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RECREATIONAL ACTIVITIES -- for -- CRIPPLED CHILDREN

State Services for Crippled Children
University of Iowa
Iowa City

Prepared by

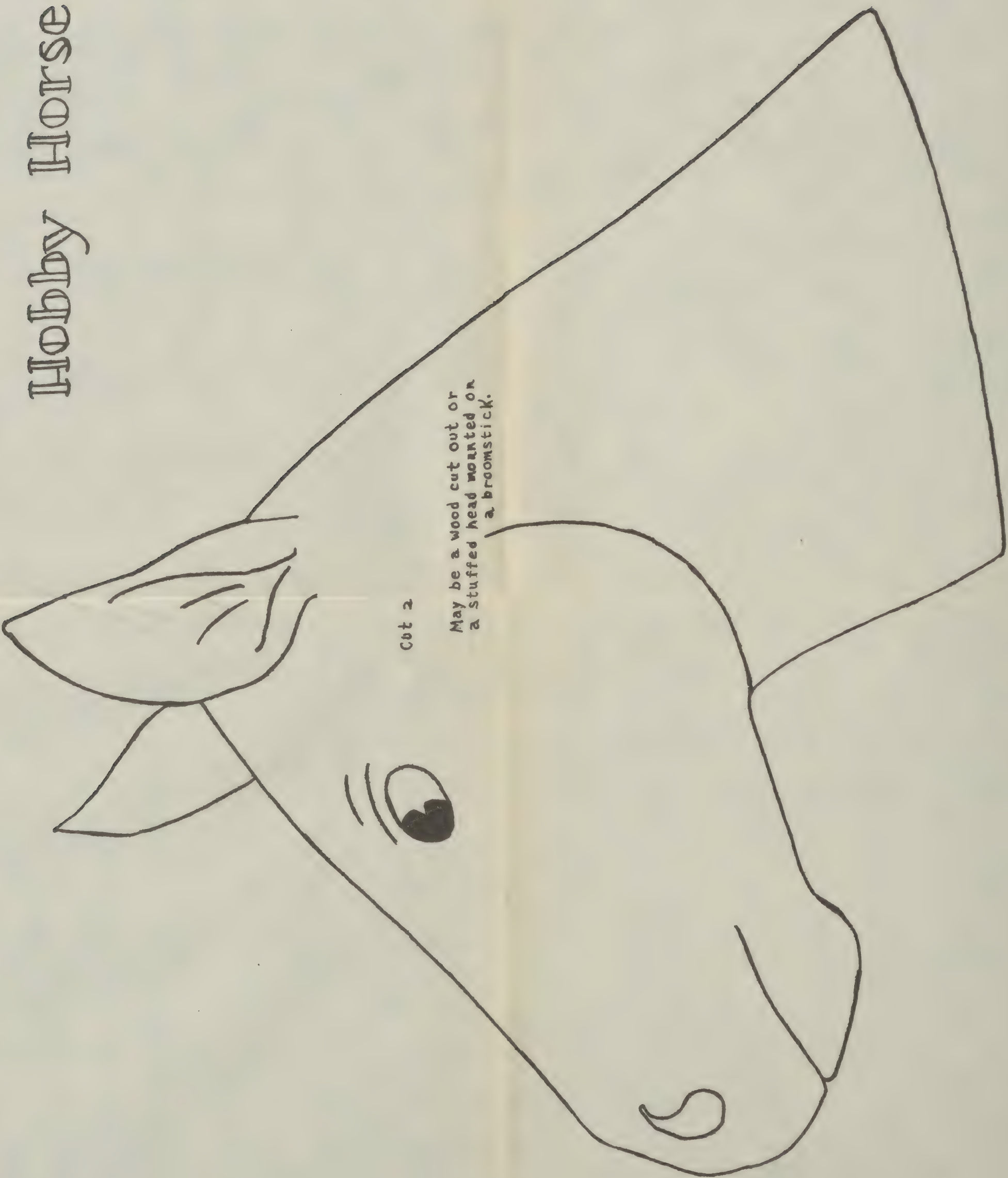
MRS. LOIS PERRIN, B.Sc.

RECREATIONAL DIRECTOR
CHILDREN'S HOSPITAL
IOWA CITY

Photographs by F. W. KENT

MAY 1944

Hobby Horse



Cut 2

May be a wood cut out or
a stuffed head mounted on
a broomstick.

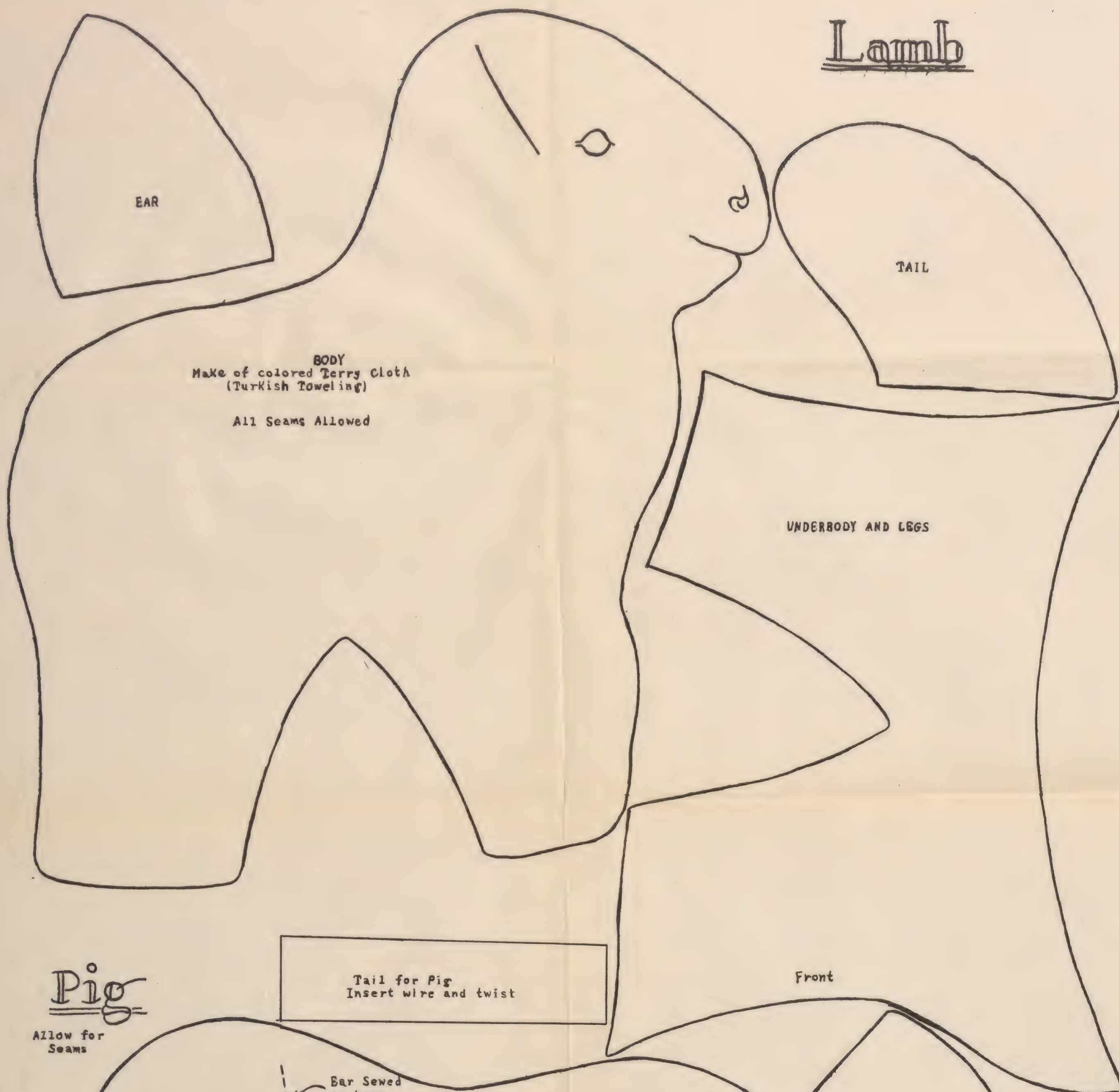
Cut 1

Seams not allowed
Cut 2

Donkey

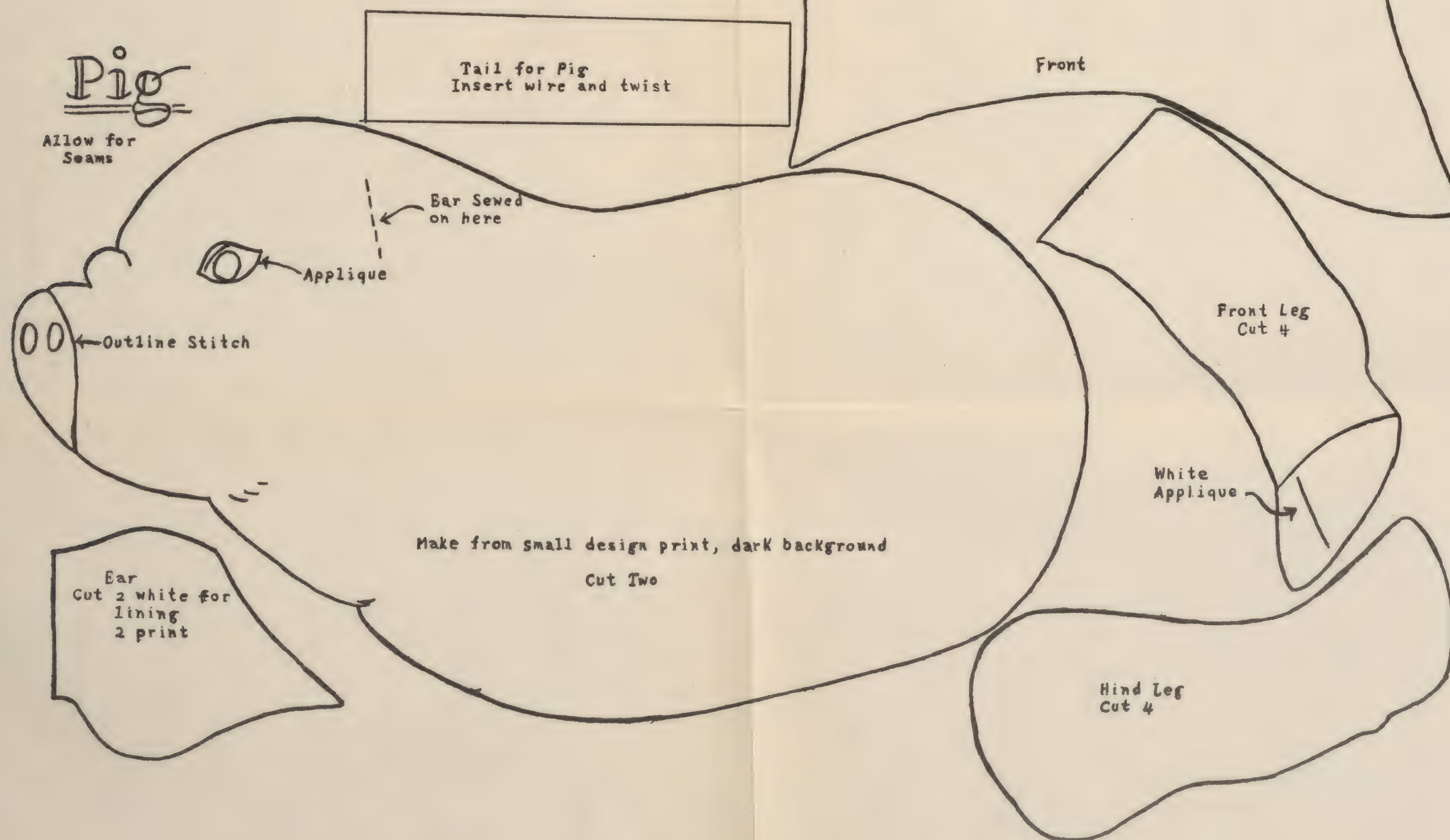
Inside of legs
cut 2

Lamb

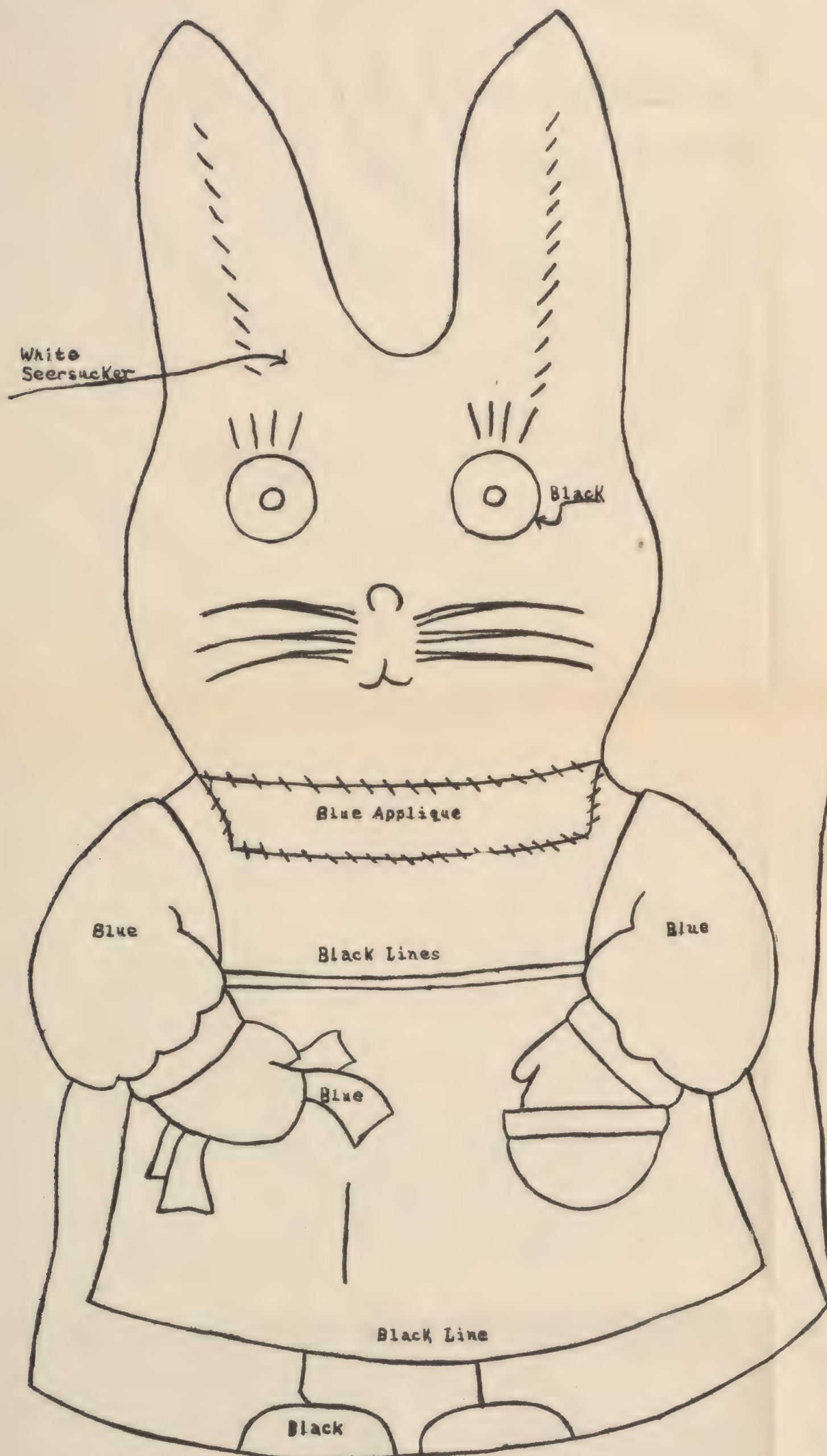


Pig

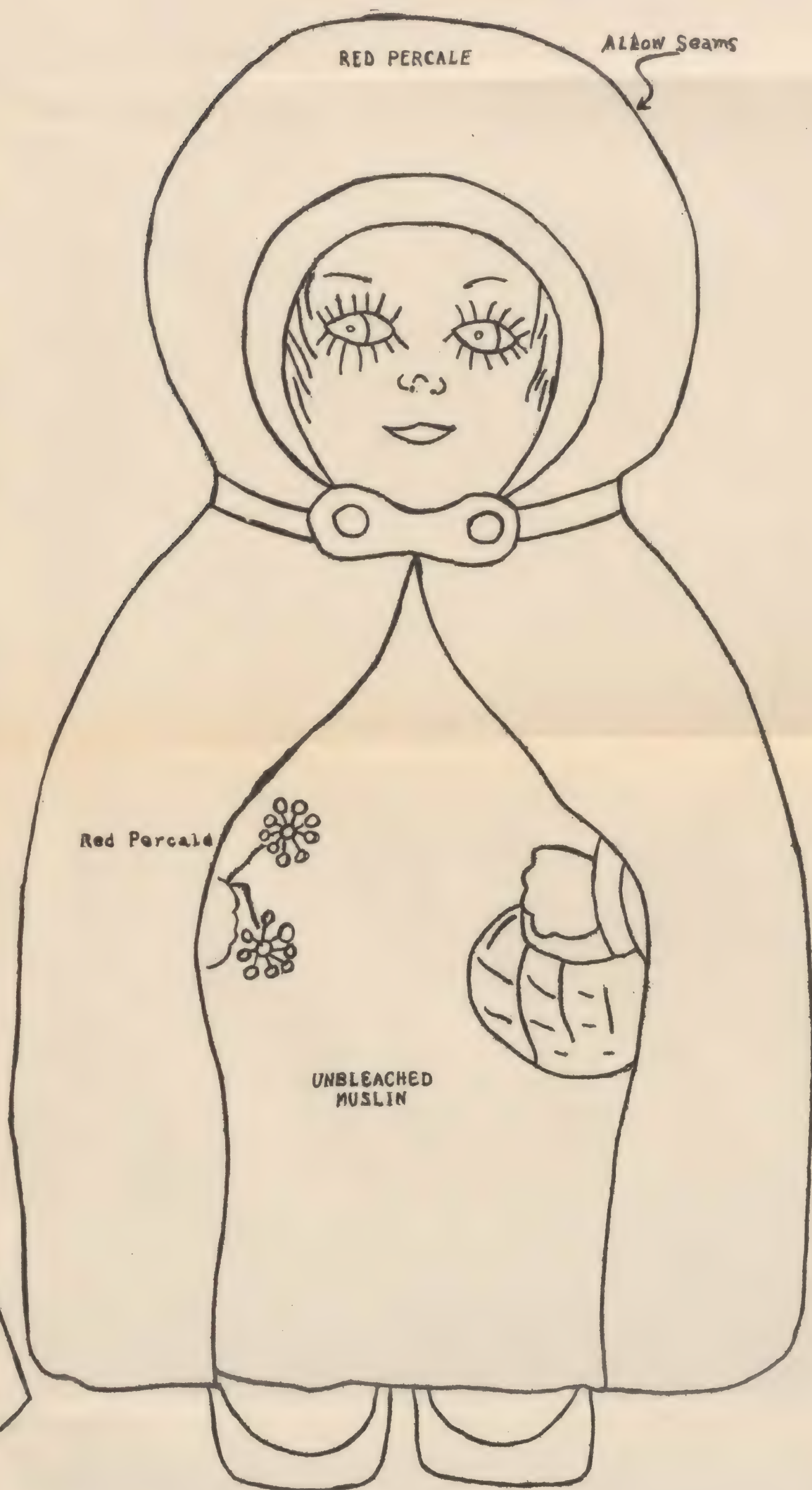
Allow for Seams



Rabbit Doll



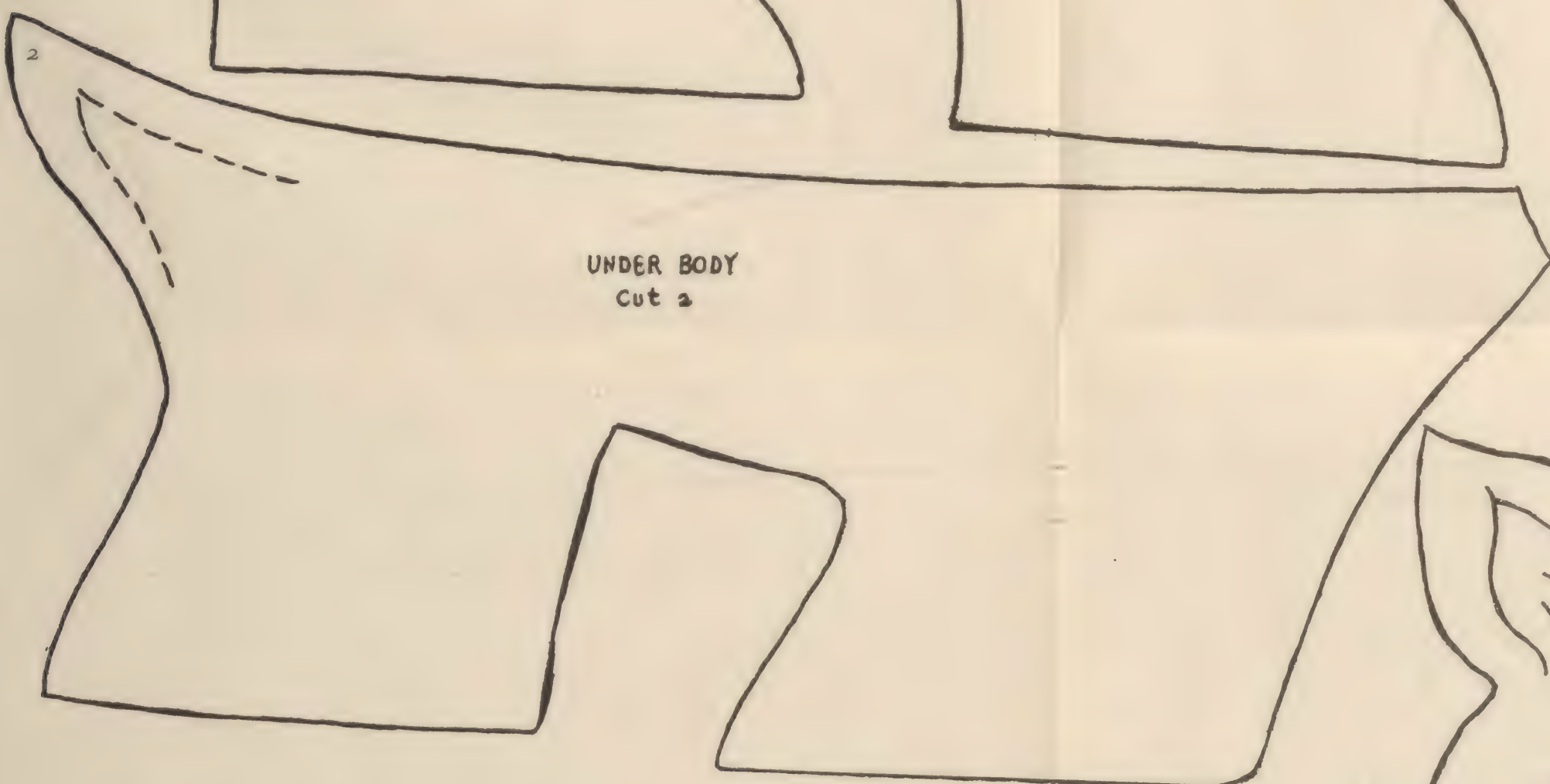
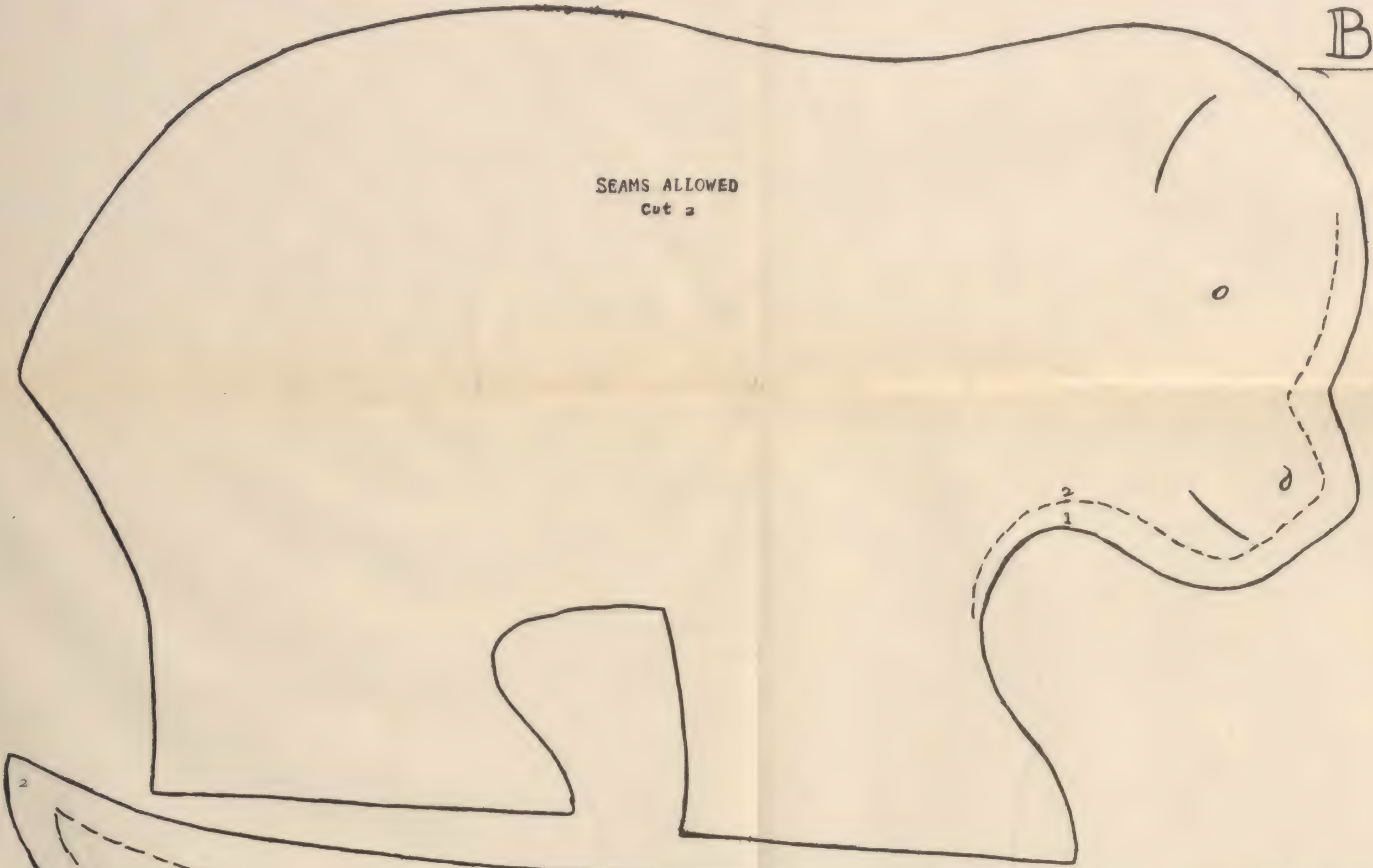
Red Riding Hood Doll



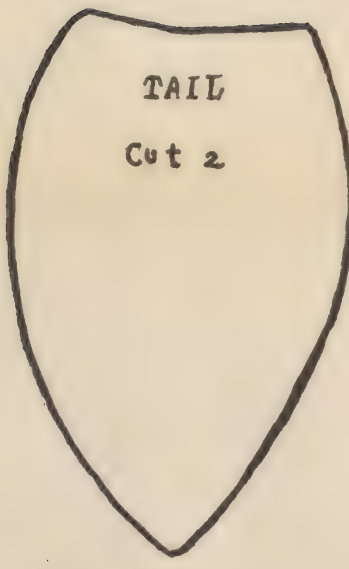
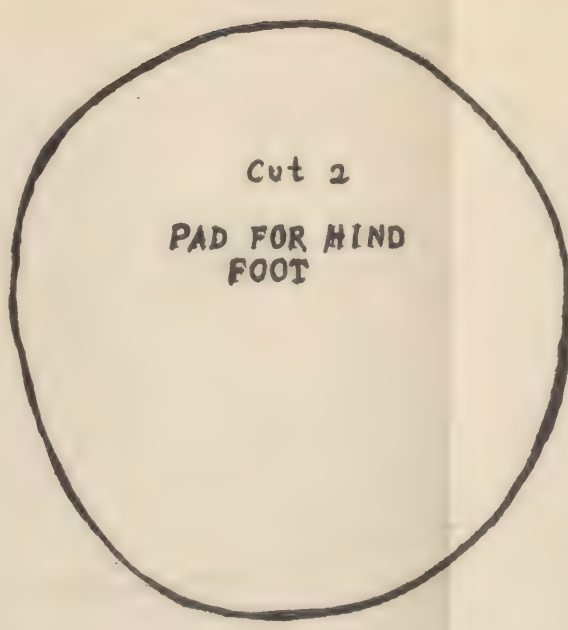
The features and other markings may be embroidered or marked on with colored crayons, the color set by pressing on the wrong side with a warm iron. Leave one side of the body open and face back. Close with snap fasteners so that the outer covering may be removed and laundered frequently. Cheese cloth or other lining to hold cotton.

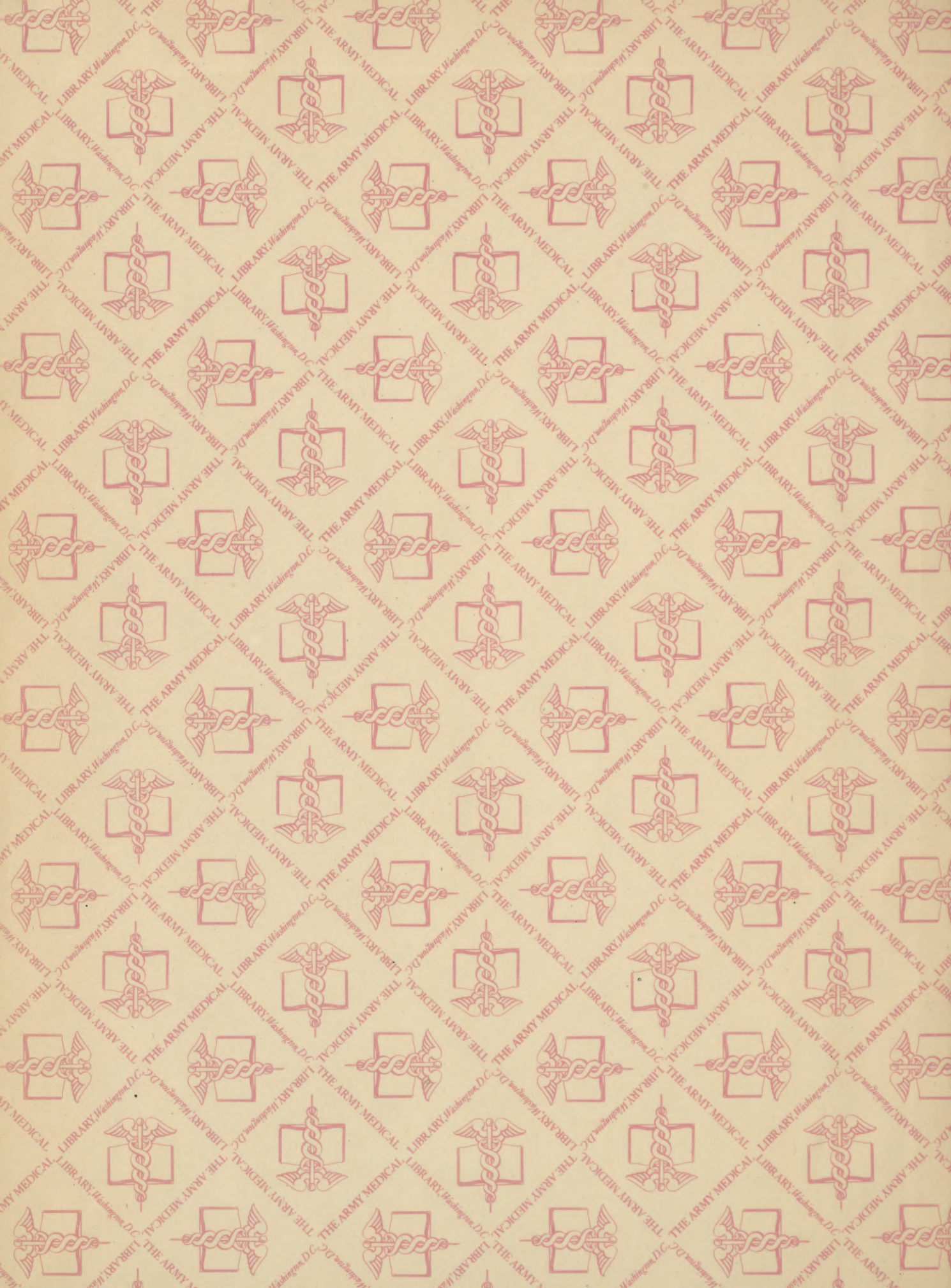
STUFFED ANIMALS FROM WOOL OR COTTON MATERIAL

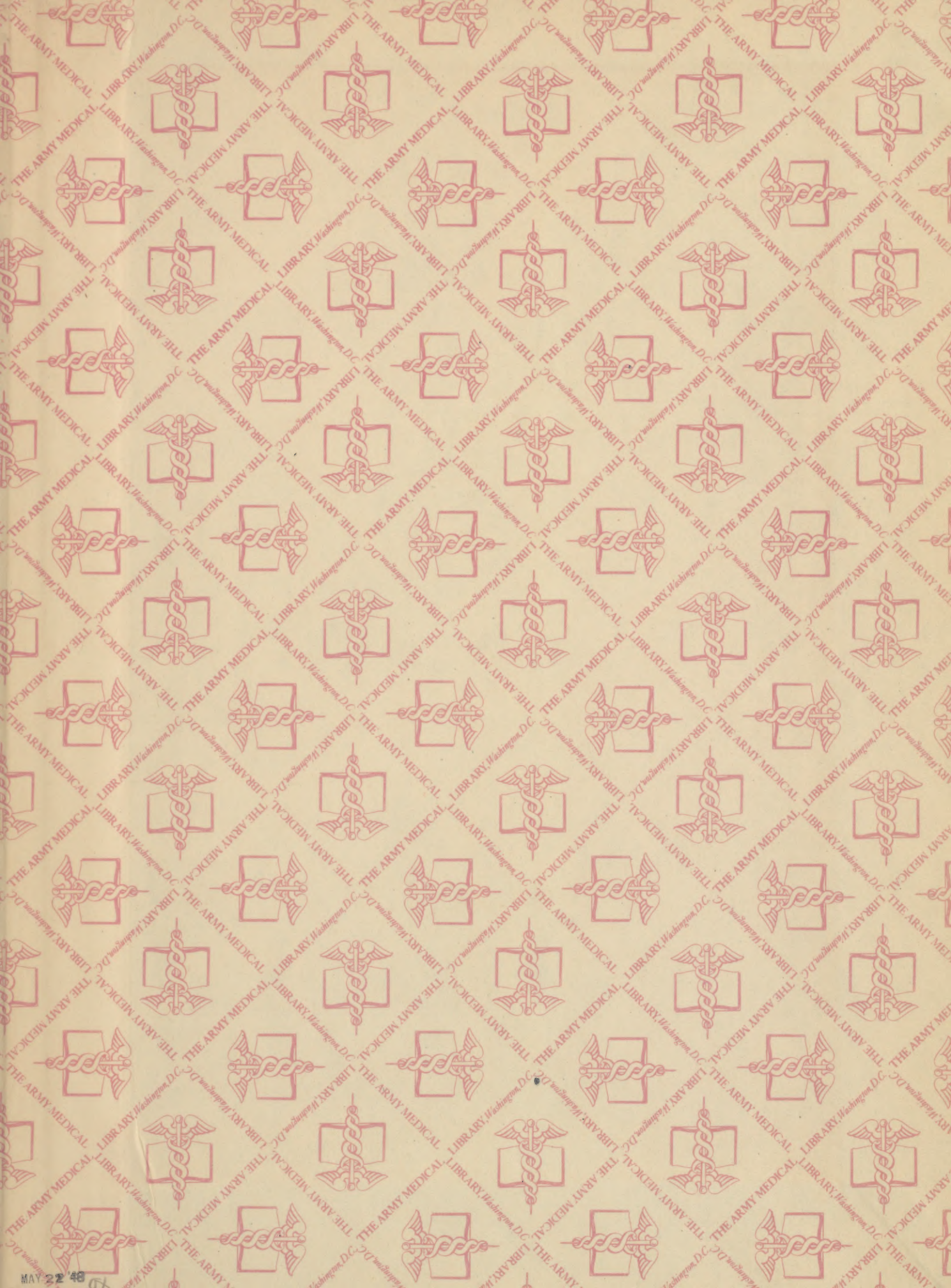
Bear



Rabbit
Doll







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